



When tomatoes are at their peak—enjoy! Enjoy homemade tomato soup, chili sauce, stuffed tomatoes, broiled tomatoes, scallop tomatoes and freshly sliced tomatoes. And then freeze some for winter eating.

You can buy fresh Ontario tomatoes by the pound or by the basket from your local food store or farmer's market. And, if you plan to use a larger amount, why not plan a family outing to a roadside market or a pick-your-own farm?

One pound is equivalent to about three or four tomatoes. If you buy a four-quart basket, you'll get about six pounds or 18 to 24 medium-sized tomatoes.

Choose firm, plump tomatoes with a uniform red color. If they're not quite ripe, leave them at a cool room temperature away from direct sunlight. When they're ripe, keep them in a tightly closed plastic bag in the refrigerator.

For preserving, choose ripe tomatoes at their peak of quality. Removing the skin is easy if you scald the tomatoes for one or two minutes. Cool in cold water. The skin will slip off easily, and the tomatoes are then ready to be preserved.

The following recipe for chili sauce is one that I have been making for many years. It does not include any spices, but is absolutely delicious. It can almost be supped as you would eat maple syrup in a fruit nappay.

CHILI SAUCE

- 30 tomatoes (fully ripe)
- 8 apples (medium size)
- 8 onions, chopped
- 1 red pepper (sweet)
- 1 green pepper (sweet)
- 1 head of celery

- 2 lbs. white sugar
- 3 cups vinegar
- salt to taste

Scald the tomatoes for one or two minutes. Cool in cold water. Remove the skin. Place in a large kettle. Peel and chop the apples and add to the tomatoes. Add the chopped onions. Dice the peppers removing the seeds and add to above. Chop the celery in a fine dice and add to the mixture. Add the sugar, vinegar and salt to taste. Boil until thick. Place in sterilized sealers.

STUFFED TOMATOES

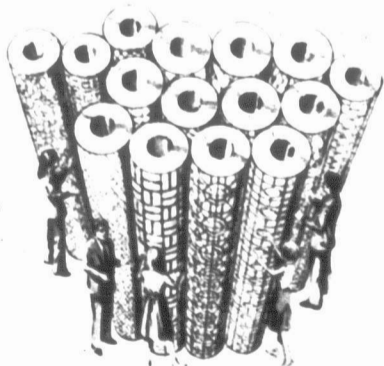
- 6 medium tomatoes
- 1 1/2 cups chopped mushrooms
- 2 tbsps. butter
- 1/2 cup sour cream
- 2 beaten egg yolks
- 1/2 cup fine bread crumbs
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. dried thyme
- 1 tsp. chopped green onions
- 1 tbsps. melted butter
- 3 tbsps. fine breadcrumbs

Cut stem ends from tomatoes, scoop out pulp and drain shells. Cut pulp fine, measure one cup and set aside. Cook mushrooms in two tablespoons butter till just tender. Combine sour cream and egg yolks, and add to mushrooms with reserved tomato pulp. Mix well. Stir in one quarter cup breadcrumbs, salt, thyme, and onions. Cook and stir until the mixture thickens and bubbles. Place tomato shells in baking dish (10 by six by one inches). Spoon mushroom mixture into tomatoes. Combine one tablespoon butter and three tablespoons breadcrumbs and sprinkle over tomatoes. Bake at 375 degrees for 25 minutes.

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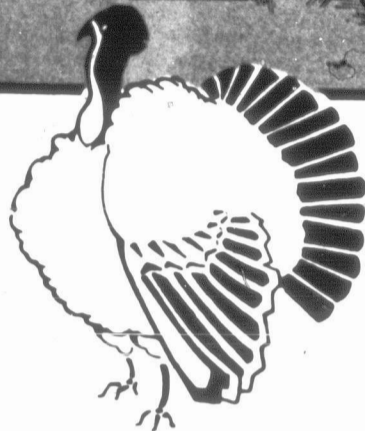


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