



Bottling Peeled Tomatoes

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The tomato season invariably brings a big surplus of tomatoes for most veggie gardeners. You can preserve these surplus tomatoes by processing them with a tomato paste maker but good quality paste makers are expensive and are better suited to handling large amounts of tomatoes. However with practice you can process small numbers of peeled tomatoes quicker than you can with a paste maker. Peeled tomatoes are also much more versatile to cook with than tomato paste.

What you will need

1. One Medium to large size pot.
2. One large and two small bowls
3. Fowlers or ball jars, lids and clips. You can also use any large screw top jar with a good lid.
4. Seven to Ten kilos of bottling tomatoes.
Tomato varieties suitable for bottling include Roma, Rouge de Marmande, Costoluto di Marmande and Gross Lisse as they are all very acidic.
5. Fowlers Vacola preserving unit (recommended) or a large pot.
6. Pair of tongs.
7. A Small knife and cutting board.



- Place five or six tomatoes at a time in the pot of hot water for between thirty seconds and two minutes, how long will depend on the size and ripeness of the tomatoes.

Step 1. Preparation

- Place a pot of water on the stove with a bowl of water next to it.
- Put your tomatoes in a bowl next to a cutting board. Ideally the tomatoes should have completely turned red but not be over ripe.
- Thoroughly wash your jars, lids and seals in hot water and set aside.
- Heat the pot of water until it is simmering at just below boiling point.



Step 2. Cutting and softening the skins

- Make two shallow cuts in the shape of a cross on the top of each tomato. The cuts should only just penetrate the skin.

- When the skins show signs of peeling off use tongs to place them in the bowl of cold water.

STEP 3. Peeling and sectioning

- Leave the tomatoes in the cold water long enough to cool the skin, normally less than a minute.
- With your hands rub the skin off.



• Use a knife to cut out the stem sections. If the tomatoes are small then leave them whole but if they are large then cut them in half or even into thirds. As you process more tomatoes the water in the bowl will gradually warm up and become cluttered with tomato skins so regularly replace it with fresh water.

STEP 4. Packing and sealing

- Place a jar in a small bowl. If it is a Fowlers jar then put the rubber seal on.



- Fill the jar with tomatoes, squashing them down with your hands as you do this. As the jar fills up keep pushing the tomatoes down so that juice spills over the top into the bowl.
- When the jar is full of tomatoes take some of the spilt juice and pour it over the top. Make sure you don't leave any seeds on the lip of the jar as they can cause it to not seal properly.
- If you are using Fowlers jars then place the lids and clips on. If using other types of jars then screw the lids on tightly.

STEP 5. Preserving

- Heat seal your jars using a Fowlers Simple, Natural Preserver unit as per its instructions.
- Another way to heat seal them is to wrap the jars in newspaper and simmer them in a large pot of water on a stovetop for at least an hour before removing the jars. However if you intend to preserve food on even a semi regular basis you are better off getting a Fowlers unit as they are easier and quicker to use.



A Fowlers Simple, Natural Preserver unit and Fowlers jars with lids and clips on.