



Roasted Tomatoes, Roasted Shallots, Roasted Garlic

Nothing is easier or more versatile than the technique of oven-roasting. These recipes epitomize the method and can be used for other vegetables. Learn this technique now. It is especially worthwhile when vegetables are out of season or not quite at their peak of flavor. The dry heat of the oven concentrates flavor and renders off the vegetable juices leaving you with delicious taste several ways.

Roasted Tomatoes

Makes Approximately 24 Pieces

Ingredients:

12 whole tomatoes, any variety, halved cross-wise (not through the stem end), or 1 pint Cherry Tomatoes or Berry Tomatoes, halved)
6 to 8 garlic cloves, skins on
1/4 cup extra-virgin olive oil
1 tablespoon thyme leaves
1 tablespoon coarse salt
Fresh ground pepper, to season

Preparation:

Preheat the oven to 400 °F.

Place the tomatoes and garlic in a non-reactive bowl and pour the olive oil over them. Gently toss with your hand to coat. Turn the tomatoes and garlic out onto a parchment-lined, rimmed baking sheet. Season with the thyme leaves, salt and fresh ground pepper. Roast until the tomatoes are fragrant, and their skins are shrinking, about 12 minutes. Remove from the oven and set aside to cool for about 10 minutes. Remove the loosened skins (from whole tomatoes; not necessary for cherry or berry tomatoes) and transfer to a bowl with any juices that have collected.

Gently squeeze the garlic from the clove and store with the tomatoes, or store separately for another use.

Chefs Note:

This recipe yields three distinct products: roasted tomatoes, roasted garlic and the roasted tomato juices. Each can be store and used separately, or stored together. Most recipes will benefit from the flavor of the roasted garlic and the roasted juices when you use the roasted tomatoes.



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Roasted Garlic

The dry heat of the oven allows the garlic to mellow and sweeten.

Makes 1 head of Roasted Garlic

One large head of garlic will yield about 3 tablespoons of puree.

Ingredients:

1 large garlic head, unpeeled
1 tablespoon extra-virgin olive oil
1 tablespoon water
Kosher salt and freshly ground pepper, to season

Preparation:

Preheat the oven to 350°F. Slice the top of the garlic head off, exposing the tops of each clove. Place the garlic on a sheet of aluminum foil and drizzle the exposed cloves with the olive oil, water, salt, and pepper. Wrap the head with the foil and bake until the garlic is tender about 35 minutes. Remove from the oven and allow to cool. When cool enough to handle, squeeze the roasted cloves into a bowl and mash with a fork.

Roasted Shallots

Makes about 2 cups

Like caramelized onions, these sweet roasted shallots are a delicious side dish or condiment to just about any roasted meat or pasta dish. The method here employs balsamic vinegar and brown sugar to coat and then glaze the shallots in the dry heat of the oven. They are simply irresistible.

Ingredients:

1/2 pound shallots, peeled and halved
1 tablespoon extra-virgin olive oil
2 tablespoons balsamic vinegar
1 tablespoon brown sugar
Coarse salt and fresh ground pepper, to season
Fresh thyme leaves or rosemary leaves, coarsely chopped, to season (optional)

Preparation:

Preheat the oven to 350°F. Place the shallots in a small roasting pan. In a non-reactive bowl, combine the olive oil, balsamic vinegar and brown sugar. Pour over the shallots. Stir to evenly cover with the olive oil mixture. Season with salt and pepper, and herbs if using. Cover with aluminum foil. Bake for 45 minutes or, until the shallots are soft and caramelized. Serve immediately.

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