



How to Pickle Tomatoes Yourself

🔪🔪🔪 Easy ⌚ 120 min.



Aromatic tomatoes evoke memories of summer and are a popular accompaniment to many dishes. But they're also perfect for pickling. A subtle, tangy hint of vinegar, for example, brings out the flavor of the fruity, sweet tomatoes. Pickled tomatoes are delicious with cheese and fresh bread, in fresh salads—or even with grilled meat or fish. In Italy, it's also traditional to pickle dried tomatoes, though in that case they're pickled in oil and usually with aromatic herbs.

Today, it's no longer necessary to preserve and pickle vegetables at home, since they're available year-round at markets and in supermarkets. But if you want to make a special delicacy yourself, the traditional method is still a great option—and it's actually: *molto facile!*

Ingredients

For the pickled cherry tomatoes

500 g cherry tomatoes,
red and yellow

2 chili peppers

2 bay leaves

1 tbsp black peppercorns

300 ml Condimento

Bianco Agrodolce

50 g brown sugar

For the sun-dried tomatoes

200 g dried tomatoes

250 ml dry red wine

1 L water

100 ml Aceto Balsamico di
Modena

1 sprig of rosemary

300 ml extra virgin olive
oil

Black pepper (coarsely
ground)

Miscellaneous

Jars with screw-top lids

Step 1: The Preparation

Wash the jars thoroughly and boil them in a large pot of boiling water for a few minutes. Then place them side by side, open-top, on a dish towel. Wash the tomatoes thoroughly and pat them dry. Wash the chili peppers, remove the stems and seeds, and slice them into rings.

Step 2: The Tomatoes

You can pickle cherry tomatoes or other small tomatoes, such as date tomatoes. Use only fresh, unblemished fruit without any bruises. Carefully layer the washed tomatoes in the jars. Choose tomatoes in different colors (red, yellow, and orange)—this makes them look especially decorative and appetizing in the jar.

Step 3: The Vinegar Broth

Pour the vinegar into a large pot and stir in the sugar until it dissolves. Then add the chili rings and peppercorns and bring the mixture to a rolling boil briefly. Immediately pour the boiling vinegar mixture over the tomatoes. Be sure to fill the jars all the way to the top. You can add the spices to the jars as well. Then seal the jars immediately and let them cool.

Step 4: The Preparation

Wash the jars thoroughly before storing them, and boil the jars and lids for a few minutes in a large pot of boiling water. Then place the jars on a clean kitchen towel.

Step 5: Simmer the tomatoes in the vinegar broth

Bring the water, wine, and Aceto Balsamico di Modena to a boil in a pot. Add the tomatoes to the vinegar mixture and simmer them for about ten minutes over low heat. Strain them through a large sieve and let them drain for about two hours—do not squeeze them.

Step 6: Put the tomatoes in the jar

Place the tomatoes in the jar along with the sprig of rosemary and a little pepper. Pour in olive oil until all the tomatoes are completely covered, then seal the jar with the lid. Let them sit for a few days, and then the tomatoes will be ready to eat.

When stored in the refrigerator, the pickled tomatoes will keep for about 3–4 weeks.

You can find this and more delicious recipe ideas at:

www.rodiparma.de/en/italian-recipes