

TOMATO JUICE



PREPARATION
35 MINUTES



SERVES
10 PERSONS



NUTRITION FACTS

Per Serving: 15kcal/100ml

Protein 0g; fat 1g; carbohydrates 2.7g; fibres 0g.



CHEFF'S WORDS

Tomato juice is a drink made from fresh or frozen tomatoes. It is rich in vitamins and minerals such as vitamin C, vitamin A and potassium. Tomato juice can be consumed as is or used as an ingredient in various culinary recipes. It is a good antioxidant and can help prevent cardiovascular disease. It is also a good remedy for digestive problems and can be beneficial for skin and hair. Tomato juice can be found in most grocery stores or can be made at home by squeezing fresh tomatoes.

INGREDIENTS

3kg tomatoes
2 teaspoons of sugar
1 teaspoon of salt

DIRECTIONS

1. The varieties recommended for tomatoes are the fleshy ones, which contain no seeds and water but pulp. After we choose them, we wash them well and cut them into pieces.
2. Pass the tomatoes through a special device, to cut them carefully into pieces that are not too big. It is preferable that the tomato pieces fit easily into the mouth of the device.
3. Immediately after chopping, transfer all the amount of tomato juice from the bowl in which it was collected into a pot. Taking into account that it will swell when boiling, it will foam, use a bigger pot. Add 1 teaspoon of salt from the start and put the pot on medium heat.
4. As soon as the tomato juice in the pot begins to boil, a thick foam will form. Mix gently with a long, wide spatula a few times, and that's it. Basically, the moment the foam stops forming, the tomato juice is good for bottling.
5. The product is bottled hot, in sterilized bottles. Place the bottles on a metal tray. This will absorb the thermal shock when we pour the hot tomato juice, preventing the bottle from cracking.