



# *Carrboro*

## **FARMERS' MARKET**

locally grown • nationally known

**Recipe of the Week**

**July 15, 2006**

### **Tomatoes Stuffed with Rice and a Roman Variation with Pasta (Pomodori col Riso)**

*from* **Dorette Snover of C'est Si Bon, a Chapel Hill Cooking School**

#### **Ingredients**

12 round, large tomatoes\*  
3/4 cup rice  
1 clove garlic\*  
5 tablespoons olive oil  
3 tablespoons freshly grated Parmigiano  
Salt & pepper to taste  
1 cup dry white wine  
Fresh shredded basil, parsley and oregano\*

#### **Procedure**

Wash and dry the tomatoes, then cut around their caps and scoop out the pulp with a spoon, being careful not to puncture the tomatoes. Do the scooping over a bowl so as to catch all the liquid that drips from the tomatoes as well, and when you are done blend the pulp and juice. If using rice, combine the blended tomato pulp with the remaining ingredients (except the wine).

Preheat oven to 375 degrees. Stuff the tomatoes with the filling without tamping down too hard, replace the caps, and put them in a lightly oiled oven proof dish. Pour the wine into the dish and bake the tomatoes until done, about 45 minutes. Serve either hot or cool.

To make with pasta:

Use Cannolicchietti (small rings of pasta, of the same sort one puts into thick soups) - a tablespoon or at the most two per tomato. Empty the tomatoes as you would if you were filling them with rice, reserving the pulp and setting the caps aside. Mince herbs, garlic and combine the mixture with the Cannolicchietti, seasoning everything with salt and pepper to taste, and sprinkling some olive oil over it. Fill the tomatoes with the pasta mixture and put them in an oven-proof dish. Put the reserved tomato pulp through a strainer to remove the seeds and sprinkle it around the tomatoes, together with a little more oil; the liquid in the pan should reach half-way up the tomatoes (add more if need be). Cover the tomatoes with their caps and bake them in a 360 f oven for 30-45 minutes. Serve either hot or cold.

Serves 6

\*available at Market

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# **2006 Tomato Tasting**

is

## **July 22**

**8:30 am until the tomatoes run out**

Come and taste over 50 varieties of tomatoes grown by our farmers. Be sure to pick up a ballot and vote for your favorite tasting tomato. We'll announce the winners the following week.

We will also have tomato recipes for the taking and the Master Gardeners will be there to offer tomato-growing tips.

*Carrboro*

## **FARMERS' MARKET**

**Mid-Week Cooking Demo**  
**Wednesday, July 26, 4 – 5:30 pm**  
*in the Gazebo*

Come taste and see **Marilyn Markel of A Southern Season** prepares with what's at Market that day.

Carrboro Farmers' Market · Saturdays, 7 – Noon until Dec. 23

Carrboro Farmers' Market · Wednesdays, 3:30 – 6:30 PM Oct. 18

Southern Village Farmers' Market · Thursdays opening May 4 – Aug. 31, 4 - 7 PM

[www.carrborofarmersmarket.com](http://www.carrborofarmersmarket.com)

[www.southernvillagefarmersmarket.com](http://www.southernvillagefarmersmarket.com)

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