



Presents



Moroccan Tomatoes Confites

Presented on September 21, 2013 by Meryln Baker

This meltingly tender tomato preparation brings wonderful flavors from the African Mediterranean.

Ingredients:

Tomatoes, Fresh, Medium – 8
Saffron – 1 to 3 pinches
Brown Sugar – 1 Tbsp
Sea salt – ½ tsp
Merlyn's Mystic Ras el Hanout Moroccan Spice – ½ tsp
Extra Virgin Olive Oil – 2 tbsp
Orange zest or lemon zest – ¼ tsp
Slivered Pistachios or Almonds – 2 Tbsp
Black Pepper, fresh ground – to taste

Instructions:

A) In a mortar combine the saffron, sugar, salt, Ras el Hanout, and orange zest. Grind to mix well. (Optionally you may use an electric spice grinder to **do the work**)

B) Cut the tomatoes in half crosswise. Either scoop or squeeze the seed from the tomatoes leaving the ribs and all of the “meat” of the tomato.

Oil a baking dish. Arrange the tomatoes on the dish cut side up. Drizzle with the olive oil. D) Sprinkle with the spice mixture then the nuts and black pepper.

E) Bake in a 110 Degree oven for 3-4 hours or Broil for 6 -8 minutes then turn the broiler off leaving the tomatoes in the oven for an additional 5 minutes.