

Tomato Consommé

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 2 hours

Chef's Notes

For a clearer consommé, after the tomato juices are released, allow the mixture to hang in a sprouting bag, rather than pressing it through, so gravity releases the water. If clarity is not as important for your dish, then press through for faster straining, as discussed in Step 1.

Step 1: Making & Serving the Consommé

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| <ul style="list-style-type: none">• 12 vine tomatoes, chopped (mixed heirloom tomatoes preferred)• 2 tsp sea salt• 1/2 fresh chile, chopped• 1 tbsp merlot vinegar (or substitute aged sherry vinegar)• 2 tbsp dill feathers, for garnish• 1 avocado, balled (using melon baller), for garnish• Pickled Onions, for garnish | <p>To release the natural water from the tomatoes, in a large bowl, toss chopped tomatoes with the sea salt and massage gently for a minute. Add chopped chile and merlot vinegar and toss gently. Cover and allow to sit at room temperature on a countertop for a couple hours or overnight to release water.</p> <p>The flavors will marry at room temperature and the water will begin to drain out of the tomatoes. Help the process by constantly massaging.</p> <p>Next, strain off liquid with a fine mesh strainer or sprouting bag, pressing with a ladle or rubber spatula to push the juice through. Save the water for the consommé and store the tomato pulp for a future dish. The pulp should keep in the refrigerator for 2 to 3 days.</p> <p>Serve the consommé chilled and garnished with dill feathers, avocado balls and Wine Pickled Onions.</p> |
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