

URBAN  
EST. 2019

FARM & KITCHEN

# TOMATOES

\*9 MUST MAKE RECIPES\*



**LUAY GHAFARI**

@URBANFARMANDKITCHEN



# Hi I'm Luay!

*Hey everyone! I'm Luay Ghafari, the creator, recipe developer, writer and photographer of **Urban Farm and Kitchen**, a blog dedicated to fresh garden-to-table, Levantine and Mediterranean recipes.*

Luay shares **fresh, easy** and **delicious** recipes inspired by his garden-to-table philosophy. On his blog he includes classic Levantine and Eastern Mediterranean recipes with innovative modern twists. He is passionate about preservation and shares **preservation tips, advice and recipes** to turn beautiful and nutritious homegrown produce (or a farmer's market haul) into pickles, salsas, sauces, ferments, spice mixes and more. He resides in Toronto, Ontario.

[urbanfarmandkitchen.com](http://urbanfarmandkitchen.com)

[luay@urbanfarmandkitchen.com](mailto:luay@urbanfarmandkitchen.com)

In 2023, Luay published his first book, **Seed to Table: A Seasonal Guide to Organically Growing, Cooking and Preserving Food at Home**. It was one of the highlights of his career and a book that has been a true labor of love and represents everything he is passionate about. Find more information about the cookbook [here](#).





welcome

If you're like me, you're probably wondering what to do with all those tomatoes your plants keep producing. Or maybe you bought a few too many at the farmer's market? Included are 9 of my favorite tomato recipes that range from a classic marinara to a totally inventive phyllo tomato pie. Keep these recipes on hand for when you have an abundance of tomatoes and no clue what to do with them!



# TABLE OF CONTENTS



5 Pickled Cherry Tomatoes

6 Burrata Caprese

7 Marinated Tomatoes

8 Savory and Sweet Tomato Jam

9 Tomato Confit with Garlic

10 Roasted Cherry Tomato Sauce

11 Homemade Marinara Sauce

12 Cheese and Tomato Pie

13 No-knead Tomato Focaccia

**Disclaimer:** The information, recipes, and tips provided in this ebook are for general informational purposes only. While every effort has been made to ensure accuracy, completeness, and reliability, no guarantees are made regarding the results you may achieve when following these recipes or suggestions. Ingredient availability, equipment differences, and individual cooking skills can all affect outcomes. This ebook does not provide medical, nutritional, or professional advice. If you have food allergies, dietary restrictions, or health concerns, please consult with a qualified healthcare provider or nutritionist before preparing or consuming any recipe. The author disclaims any responsibility for adverse reactions, accidents, or damages that may occur as a result of following the recipes or guidance contained herein. By using this ebook, you acknowledge and agree that you do so at your own risk. The content is provided “as is,” without warranties of any kind, express or implied. This ebook is offered free of charge for personal, non-commercial use. Unauthorized distribution, reproduction, or modification of this material is prohibited. If you disagree with any of these conditions, delete the ebook and refrain from using it.



Prep Time  
15 minutes



Servings  
10



Total Time  
15 minutes



# Pickled Cherry Tomatoes

## INGREDIENTS

- 1-2 pints cherry tomatoes
- 1-2 garlic cloves, peeled
- 1/2 tsp mustard seeds
- 1-2 dill sprigs
- 1 cup apple cider vinegar
- 1 cup water
- 1 tbsp kosher salt or pickling salt
- 1 tsp sugar

### Optional add-ins

Black peppercorns, dill seeds,  
coriander seeds, chili flakes

## INSTRUCTIONS

- 01 **Prepare the jar.** To a clean mason jar, add the garlic clove, mustard seeds, and the dill sprigs (and any additional add-ins you wish). Set aside. If using small jars, divide the ingredients equally.
- 02 **Prick the tomatoes.** Prick each cherry tomato with a skewer or toothpick. This will allow the pickling solution to penetrate the cherry tomato during pickling. Add the cherry tomatoes to the mason jar.
- 03 **Prepare the brine.** In a small saucepan on medium heat, combine the vinegar, water, salt and sugar. Warm through until the salt and sugar are dissolved.
- 04 **Assemble.** Carefully pour the hot brine over the cherry tomatoes, making sure they are submerged in the liquid. Tap the jar to release any air bubbles. Wipe the rim of the jar, cover, seal and let cool to room temperature on the counter. Refrigerate for at least 48 hours before enjoying (but if you really can't wait, you can enjoy them the next day). Keep pickles refrigerated.



Prep Time  
15 minutes



Servings  
4



Total Time  
15 minutes

# Burrata Caprese

## INGREDIENTS

- 2 pints cherry tomatoes (or 3 large tomatoes)
- ½ cup basil
- 1 large burrata ball (or 2 small)
- Flaky salt and fresh cracked pepper
- 3 tbsp extra virgin olive oil
- 1 tbsp balsamic glaze

## INSTRUCTIONS

- 01 Slice the tomatoes to your liking. For cherry tomatoes, a simple cut down the middle is all you need. For larger tomatoes, you can slice them into rounds or wedges.
- 02 In a platter, plate or shallow bowl, layer the tomatoes and tuck in the basil leaves. Season lightly with flaky salt.
- 03 Lay the burrata ball on top of the tomatoes. You can serve the tomato burrata salad with the ball intact and let your guests dig in, or cut it in half to expose the gooey center.
- 04 Season with more flaky salt and fresh cracked pepper, drizzle with olive oil and balsamic glaze to finish. Don't overdo it with the salt. Less is more!



Prep Time

15 minutes



Servings

6



Total Time

15 minutes

# Marinated Tomatoes

## INGREDIENTS

- 3 tbsp extra virgin olive oil
- 2 tbsp sherry vinegar (see note for substitutions)
- 1-2 garlic cloves, finely minced
- 1 tbsp fresh oregano leaves
- 1 tsp dried oregano
- Kosher salt and fresh cracked pepper, to taste
- 4-5 heirloom tomatoes

## INSTRUCTIONS

- 01 Make the marinade.** In a small bowl, combine the olive oil, vinegar, minced garlic, fresh and dried oregano. Add in a small pinch of salt and black pepper. Stir to combine.
- 02 Slice and season the tomatoes.** Slice your heirloom tomatoes  $\frac{1}{4}$  -  $\frac{1}{2}$  inch thick and place them nicely on a serving platter or shallow dish in a single layer with slight overlap. Sprinkle the tomatoes with kosher salt lightly.
- 03 Dress.** Spoon the marinade over the salted tomatoes. Let the flavours meld for 15 minutes and then serve at room temperature. Do not refrigerate before serving.

**Note:** You may use balsamic vinegar as a substitute.



Prep Time

15 minutes



Cook Time

45 minutes



Servings

20



Total Time

1 hour

# Savory and Sweet Tomato Jam

## INGREDIENTS

2 lbs tomatoes (roughly chopped)

$\frac{2}{3}$  cup brown sugar (use 1 cup if you like it sweeter, dark or light work fine here.)

2 tbsp apple cider vinegar

1 cinnamon stick

1 star anise

$\frac{1}{8}$  tsp kosher or sea salt (just a pinch is needed)

## INSTRUCTIONS

- 01 Add ingredients to pot.** To a large pot, add the tomatoes, brown sugar, vinegar, cinnamon stick, star anise and kosher salt.
- 02 Boil.** Bring the mixture to a boil over medium-high heat, stirring frequently to dissolve the sugar.
- 03 Simmer.** Lower the heat to low and let it simmer with the lid off for 45-60 minutes, stirring regularly to prevent scorching. The cooking time will depend on how juicy the tomatoes were. When the jam is thickened and glossy, it is ready.
- 04 Jar.** Remove the cinnamon stick and star anise. Transfer the jam to a heatproof jar, seal, cool to room temperature and refrigerate. Store in fridge and consume within 2 weeks.



Prep Time

10 minutes



Cook Time

1 hr 30 minutes



Servings

6



Total Time

1 hr 40 minutes

# Tomato Confit with Garlic

## INGREDIENTS

2 pints ripe cherry tomatoes

1-2 garlic bulbs (cut in half or  
cloves separates)

A few sprigs of fresh herbs-  
rosemary, thyme and/or sage

Peel of one lemon

¾ -1 cup extra virgin olive oil

Kosher salt, flakey salt or sea salt

Fresh cracked pepper

## INSTRUCTIONS

- 01 Prepare.** Preheat your oven to 250F/120C. To a roasting dish, add the cherry tomatoes, garlic bulbs, herbs, lemon peels, olive oil, a big pinch of flaky salt and black pepper. Keep everything in a single layer. If you find that your ingredients are overlapping on top of each other, use a larger roasting dish.
- 02 Roast.** Place the baking dish in the preheated oven and slow roast for 1 ½ to 2 hours. Once the cherry tomatoes are soft, but not bursting, cool to room temperature and transfer to a mason jar.



Prep Time

10 minutes



Cook Time

45 minutes



Servings

4



Total Time

55 minutes

# Roasted Cherry Tomato Sauce

## INGREDIENTS

- 2 pints cherry tomatoes
- 1 red onion (peeled and cut into large wedges)
- 4 garlic cloves, peeled
- 5-10 thyme sprigs
- ¼ cup extra virgin olive oil
- Salt and pepper to taste
- 3-4 basil sprigs

## INSTRUCTIONS

- 01 Prepare.** Preheat your oven to 400F/200C. Line a rimmed baking tray with parchment paper and place the cherry tomatoes in a single layer along with the red onion, garlic and thyme. Drizzle with the olive oil and season with salt and pepper.
- 02 Roast.** Roast uncovered until bubbly and the cherry tomatoes have burst and shrunk slightly, about 35-45 minutes. A little caramelization is expected.
- 03 Blend.** Remove the tray from the oven and let it cool slightly - about 10 minutes. Discard the thyme sprigs. Transfer the oven-roasted cherry tomatoes, garlic and onions and all the juices to a saucepan and blend using an immersion blender, until you reach your desired consistency. You can also use a regular blender.  
**Tip:** Wear an apron, as the sauce can splatter!
- 04 Simmer.** Add the basil sprigs and simmer on low to medium heat for 10-20 minutes. Simmer longer if the sauce is too thin, or simmer less if you want to keep it on the runny side. Remove or keep the basil leaves (your choice) and serve.



Prep Time

15 minutes



Cook Time

1 hour



Servings

12



Total Time

1 hr and 15 minutes

# Homemade Marinara Sauce

## INGREDIENTS

2 tbsp extra virgin olive oil

1-2 garlic bulbs (garlic cloves separated, peeled and roughly crushed)

5 lbs plum tomatoes (Roma, San Marzano or Paste tomatoes)

4-5 fresh basil stems

1 tbsp kosher salt, to taste

### Optional Ingredients

Chopped onions, hot pepper flakes, dried herbs

## INSTRUCTIONS

- 01 **Fry.** In a large non-reactive pot, add the olive oil and crushed garlic. Fry on medium heat until fragrant, 1-2 minutes. Don't burn the garlic!
- 02 **Crush the tomatoes.** Take the pot off the heat and place a food mill over it. Halve the Roma tomatoes and pass them through the food mill and directly into the pot. See notes for alternatives.
- 03 **Season.** Add the basil and the 1 tbsp salt to start.
- 04 **Simmer.** Place the pot back on the heat and simmer on low until thickened and reduced by about half, about 45-60 minutes. Adjust the seasoning to your liking. Remember this sauce can be used as is, or as a basis for other sauces, so don't be too heavy-handed with the salt.

**Notes.** Yield is about  $\frac{3}{4}$  to 1 quart of sauce. No food mill? No problem! Start by marking a small x with a paring knife on the bottom of each tomato and then drop it in a pot with boiling water for 30 seconds. Remove the tomatoes and peel away the skins. Chop the peeled tomatoes and add them to fried garlic and continue with the recipe. You may want to blend the peeled tomatoes in a blender or food processor if you're looking for a less chunky consistency.



Prep Time  
10 minutes



Cook Time  
40 minutes



Servings  
6



Total Time  
50 minutes

# Cheese and Tomato Pie

## INGREDIENTS

### Cheese Mixture

1 cup ricotta cheese

1 package Boursin cream cheese  
(5.3 oz/150 grams)

1 egg

Kosher salt and black pepper

### Pie Ingredients

½ package phyllo dough (5-6  
sheets defrosted)

½ cup butter, melted

3-4 medium heirloom tomatoes,  
sliced ¼ inch thick

½ tsp dried oregano

Kosher salt and black pepper

Fresh basil for garnish

## INSTRUCTIONS

- 01 Make the cheese mixture.** In a bowl, combine the ricotta, Boursin and egg. Mix well to combine, Season lightly with salt and pepper. Preheat the oven to 425F/220C.
- 02 Line your baking dish.** Brush some butter onto your baking dish and lay one sheet of phyllo pastry. Brush on some more butter. Add another layer of phyllo pastry. Repeat this butter/phyllo process until you have 5 or 6 layers of phyllo in your baking dish.
- 03 Add the Cheese.** Transfer the cheese mixture into the phyllo-lined baking dish and level it. Cut some of the overhanging pieces of phyllo to create a neat edge around the baking dish. We don't want too much overhang.
- 04 Add the phyllo scraps.** Layer the phyllo scraps over the cheese mixture. This is done to create a buffer between the cheese and tomatoes.
- 05 Add the tomatoes.** Layer the tomatoes over the phyllo scraps making sure to cover the full surface. Overlap the slices so that you end up with a nice thick tomato layer.
- 06 Season.** Season the tomatoes with a pinch of salt, pepper and some dried oregano.
- 07 Crimp.** Fold and crimp the edges of the phyllo to create a neat edge. It doesn't have to be perfect. This is a rustic pie. Brush the edge with melted butter.
- 08 Bake.** Bake in the preheated oven for 20 minutes, then drop the temperature down to 375F/190C and bake for another 15-20 minutes. The pie should be brown around the edges. Garnish with fresh basil once it has cooled. Let the pie cool for at least 30 minutes before cutting it.



Prep Time  
15 minutes



Rise Time  
18 hours



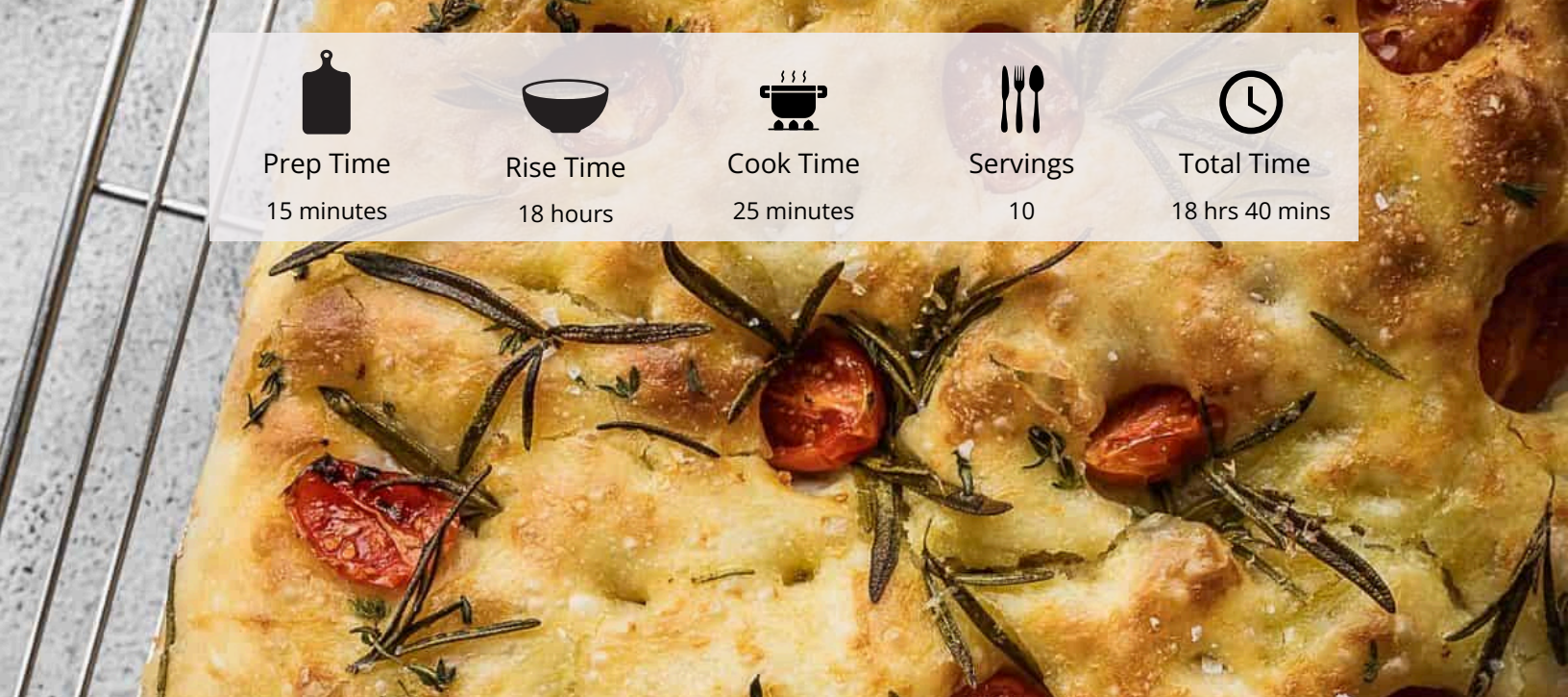
Cook Time  
25 minutes



Servings  
10



Total Time  
18 hrs 40 mins



# No-Knead Tomato Focaccia

## INGREDIENTS

### For the Dough

- 4 cups all-purpose flour (520 grams, bread flour can also be used)
- 2 tsp kosher salt (10 grams)
- 2 tsp instant yeast (7 grams)
- 2 tbsp extra virgin olive oil (28 grams)
- 2 cups lukewarm water (473 grams)

### For Baking and Garnish

- ¼ cup extra virgin olive oil (for greasing the tray and oiling the dough)
- 1 cup cherry tomatoes, sliced in half
- 2-4 tbsp fresh rosemary (or thyme, oregano, marjoram)
- ½ cup Parmigiano Reggiano, grated
- Flaky salt

## INSTRUCTIONS

- 01 **Mix.** To a large bowl, add the flour, salt, yeast, olive oil and lukewarm water. Mix with a wooden spoon until all the flour is hydrated. The mix should be shaggy but not sloppy.
- 02 **Rise.** Drizzle some olive oil over the top of the dough, cover the bowl with plastic wrap or a tight fitting cover and refrigerate overnight at least 18 hours.
- 03 **Deflate and shape.** At least 2 hours before you want to bake the focaccia, take the bowl out of the fridge and uncover it. Using your hands or a dough scraper, deflate the dough slightly and transfer the dough to a generously oiled baking tray (9x13) or sheet pan. Shape it loosely by grabbing each end and folding it over like you would a letter. Flip the dough over so the seams are on the bottom. Cover the tray with a towel and set aside for 1 ½ to 2 hours.
- 04 **Dimple.** Preheat your oven to 425F/220C. The dough should now have spread covering the surface of the baking tray. If not, you can help it stretch to the edges by carefully easing it to the corners. Drizzle more olive oil over the dough and start dimpling with your fingers, covering the entire surface. This creates valleys and mountains in the dough and you should also see air bubbles forming.
- 05 **Dress.** Nestle your cherry tomatoes into the dimples, press in your rosemary and sprinkle your cheese. You can save some of the cheese to sprinkle on after the baking.
- 06 **Bake.** Bake in the preheated oven for 20-25 minutes, until golden brown. Every oven is different, so your focaccia may need more time. Sprinkle some flaky salt when the focaccia comes out of the oven. Let the focaccia cool for 30 minutes before cutting into it.

URBAN

FARM & KITCHEN

EST. 2019

Thank you

I hope these tomato recipes bring  
fresh flavour to your table!

- Luay -



[urbanfarmandkitchen.com](http://urbanfarmandkitchen.com)

[luay@urbanfarmandkitchen.com](mailto:luay@urbanfarmandkitchen.com)

 [@urbanfarmandkitchen](https://www.instagram.com/urbanfarmandkitchen)