



Tomato Summer Pudding



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



79 kcal

Ingredients

- ☐ 3 garlic cloves
- ☐ 2 tablespoons olive oil plus additional extra-virgin for drizzling
- ☐ 2.5 teaspoons sherry vinegar
- ☐ 4.5 lb tomatoes (9 medium)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle

- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ cookie cutter
- ☐ slotted spoon
- ☐ cutting board

Directions

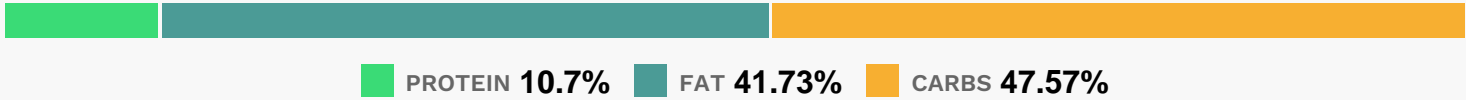
- ☐ Cut a shallow X in the bottom of each tomato with a sharp paring knife and blanch tomatoes in 2 batches in a 5- to 6-quart pot of boiling water, 1 minute per batch.
- ☐ Transfer tomatoes with a slotted spoon to a cutting board and, when cool enough to handle, peel, beginning from scored end, with knife.
- ☐ While tomatoes are cooling, mince and mash garlic to a paste with a pinch of salt using a large heavy knife. Halve tomatoes crosswise, discard cores, and scoop seeds into a fine-mesh sieve set over a bowl. Press on seeds to extract liquid, then discard seeds. Coarsely chop tomatoes, then coarsely purée in batches with strained tomato liquid in a blender or food processor.
- ☐ Heat 2 tablespoons oil in a deep 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté garlic paste, stirring, until golden, about 1 minute.
- ☐ Remove skillet from heat and carefully add a small amount of puréed tomatoes near side of skillet (sauce will splatter and bubble vigorously). When bubbling subsides, add remaining purée, 1 3/4 teaspoons salt, and 1/2 teaspoon black pepper. Return skillet to heat and simmer, uncovered, stirring occasionally, 5 minutes. Cool sauce to room temperature, about 1 hour, then stir in vinegar.
- ☐ Trim crusts from bread slices, reserving crusts for another use. If using Pullman loaf, cut 4 slices in half diagonally, then cut 1 round from 1 more slice using cookie cutter. If using round loaves, square off 5 slices of bread from center of loaf and cut triangles and 1 round in same manner. Ladle 3/4 cup sauce into soufflé dish and spread to cover bottom. Line bottom of dish with bread in a pinwheel shape, putting round in center and fanning triangles around it, covering sauce completely (you may have 1 triangle left over). Ladle 1 1/4 cups sauce over bread layer, spreading evenly to cover. Cover sauce with more bread slices, trimming as

necessary to fit in 1 layer in dish. Repeat layering 3 more times, using 1 1/4 cups tomato sauce each time and ending with bread. Cover top layer of bread with remaining sauce. Cover surface with plastic wrap, then top with a plate small enough to just fit inside dish. Weight pudding with 2 heavy cans (about 2 pounds total) and chill at least 12 hours.

- ☐
- Remove weights and plate and run a thin knife around edge of dish. Invert a large plate over pudding and invert pudding onto plate. If any sauce remains in dish, spoon it over pudding.
- ☐
- Cut into wedges, drizzle with olive oil, and serve chilled or at room temperature.
- ☐
- Tomato sauce can be cooled quickly in a metal bowl set in a larger bowl of ice and cold water, stirring occasionally.

• Pudding can be chilled up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:2.71, Inflammation Score:-9, Nutrition Score:10.231738991711%

Flavonoids

Naringenin: 1.74mg, Naringenin: 1.74mg, Naringenin: 1.74mg, Naringenin: 1.74mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 78.84kcal (3.94%), Fat: 4.02g (6.18%), Saturated Fat: 0.56g (3.47%), Carbohydrates: 10.3g (3.43%), Net Carbohydrates: 7.22g (2.62%), Sugar: 6.72g (7.47%), Cholesterol: 0mg (0%), Sodium: 13.14mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.63%), Vitamin C: 35.31mg (42.8%), Vitamin A: 2125.47IU (42.51%), Vitamin K: 22.28µg (21.22%), Potassium: 609.85mg (17.42%), Manganese: 0.31mg (15.52%), Vitamin E: 1.88mg (12.55%), Fiber: 3.09g (12.34%), Vitamin B6: 0.22mg (10.9%), Folate: 38.31µg (9.58%), Copper: 0.15mg (7.7%), Vitamin B3: 1.52mg (7.62%), Magnesium: 28.41mg (7.1%), Vitamin B1: 0.1mg (6.44%), Phosphorus: 63.08mg (6.31%), Iron: 0.73mg (4.08%), Zinc: 0.45mg (2.98%), Vitamin B2: 0.05mg (2.92%), Calcium: 27.68mg (2.77%), Vitamin B5: 0.23mg (2.34%)