



**From appetisers to desserts, a "tomato red" Christmas by "Red Gold from Europe" is served up for Swedish festive tables.**

*Exquisite tomato dishes for your dinner table: stuffed tomatoes, ricotta gnocchi with zucchini and tomatoes, turkey in tomato sauce and tomato cheesecake.*

Naples – 19 December 2024 - Every self-respecting holiday has its own special dishes and a dedicated menu. **Red, festive, intense and tasty. This is the delicious Christmas offered by the international project "Red Gold from Europe", promoted by ANICAV** (the Italian Association of Canned Vegetables Industries) and co-funded by the European Union, which promotes and enhances the export and consumption of organic Italian preserved tomatoes to Sweden. From appetizers to desserts, the tomato is the absolute star of the show. "We aim to promote organic canned tomatoes, which are better for you, also during the Christmas period," explains Giovanni De Angelis, Director General of ANICAV. "This is alongside showcasing all their characteristics of sustainability, health benefits and taste. About 75% of Italian organic tomato production is destined for export. With this activity, we aim to promote consumption even more, thus increasing the market share in the four target countries of the project: Sweden, the Netherlands, Denmark and Germany." **And here is that special "red gold" menu: stuffed tomatoes, ricotta gnocchi with zucchini and tomatoes, turkey in tomato sauce and tomato cheesecake.**

Perfect Christmas dishes create a festive atmosphere and bring pleasure to the whole family. Pured, pulped or peeled, fresh or dried: canned tomatoes are one of the most versatile and widely used foods in the world. No longer just a supporting actor, we could say, but the real star of the dish. Tomatoes are a precious ingredient that can be used in many ways in holiday recipes: soups and sauces, but also desserts and ice creams and in combination with many other dishes. And we say "tomatoes" in the plural, because there are hundreds of varieties, each with their own characteristics of flavour, sweetness, acidity, colour and texture. At Christmas, the fresh flavour of tomatoes is a must, and you can let your imagination fly with intriguing combinations, which enhance their taste - adding spices and herbs, for example - to lend that special touch to your dishes. Tomatoes can be used in delicious appetizers, snacks, salads, stirred into pasta or rice, or used to prepare rich side dishes, to serve with meat and fish; and even in desserts to finish holiday lunches and dinners in style.

And let's not forget how good tomatoes are for you; they are an excellent source of antioxidants, the most famous being "lycopene", the molecule that gives tomatoes their typical red colour, and which together with other carotenoids helps protect against the damage caused by free radicals. Tomatoes also contain large amounts of potassium and vitamin C, both of which are beneficial for cardiovascular health and more. Potassium helps keep blood pressure under control, while vitamin C



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promotes arterial health and is essential for the production of collagen, a protein that keeps the skin healthy and supple.

"We are well aware that our challenge for the future will be to promote organic canned tomatoes among younger consumers," De Angelis continues, "by focusing on very precise drivers; including trust in certification processes with a consequent increase in sales, which in turn would generate a desirable reduction in costs."

**The festive table proposed by "Red Gold from Europe" is therefore not only tasty, but also beneficial.** The aim of ANICAV'S promotional programme is to raise awareness of the unique characteristics of Italian organic canned tomatoes by highlighting their quality, taste, versatility, safety and origin. Organic canned tomatoes are an important product in the processed tomato supply chain, also given consumers' growing awareness of the quality of the products they consume, and concern for the protection of the environment. **And now off to the kitchen to cook up a storm with this delicious menu, and with our warmest wishes for a Merry Christmas!**

## Appetizer

[Stuffed tomatoes - Red Gold Tomatoes From Europe](#)



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## Ingredients

- 400g canned whole peeled tomatoes, take out, place on kitchen paper; salt them lightly to remove any excess water,
- a small bunch of parsley
- 300g stale bread, remove the crusts
- 4 oz grated parmesan
- ½ cup vegetable stock
- salt and pepper, to taste
- 1 garlic clove, finely chopped
- extra virgin olive oil, as needed
- basil leaves, as needed for garnish

## Method

### Step 1

Place the stale bread into a food mixer. Add the parsley, finely chopped garlic, grated parmesan, and any remaining pieces of tomatoes from the can. Season with salt, pepper, and olive oil.

### Step 2

Fill the tomatoes with the mixture and sprinkle some parmesan on top and a drizzle of the extra virgin olive oil.

### Step 3

Preheat oven to 170°C. Line an ovenproof dish with baking paper. Place stuffed tomatoes on the ovenproof dish and add vegetable stock to the bottom. Seal with aluminium foil. Bake the stuffed tomatoes for 30 min.

### Step 4

Remove the foil and change the oven to a grill function to brown the top of the stuffed tomatoes.

### Step 5

Garnish with a few fresh basil leaves.

*Serve warm.*



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## First course

### [Ricotta gnocchi with zucchini and tomato sauce - Red Gold Tomatoes From Europe](#)



## Ingredients

### For the gnocchi

- 600g ricotta
- 225g flour
- 1 tbsp fine breadcrumbs
- 1 tbsp parmesan
- salt



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## For the sauce

- 400g courgette, diced
- 800g canned whole peeled tomatoes
- 1 clove of garlic, minced
- 30 ml extra virgin olive oil
- a few leaves of basil
- salt and pepper

## Method

### Step 1

Start by making the gnocchi. <sup>[SEP]</sup>Dry the ricotta well, leaving it wrapped in a cotton tea towel for a few minutes.

### Step 2

Mix all the gnocchi ingredients in a bowl to form a dough. Knead the dough on a wooden board and make long thin ropes; cut with a knife to form the gnocchi.

### Step 3

Place them separately on a cloth.

### Step 4

To make the sauce, sauté the diced courgette for a few minutes in extra virgin olive oil in a large frying pan. Add the tomatoes and the minced garlic and cook the tomato sauce over a medium-low heat until it thickens a little.

### Step 5

Season with salt and pepper and add the basil, roughly torn.

### Step 6

Cook the gnocchi in plenty of boiling salted water. When they rise to float on the surface, remove with a skimmer.

*Dress with the tomato sauce and serve piping hot.*



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## Main

### [Turkey roulades in tomato sauce - Red Gold Tomatoes From Europe](#)



## Ingredients

- 550g turkey breast fillet, pounded thin with a meat mallet
- 1kg parma ham
- 60g brie
- 500g canned whole peeled tomatoes, blend to a smooth purée
- extra virgin olive oil, as needed
- 1 garlic clove
- a small bunch of sage
- salt, to taste



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## Method

### Step 1

Place a slice of Parma ham on each turkey breast fillet. Add the brie and a few small sage leaves. Roll up each turkey slice into a roulade and press down tightly with your hands.

### Step 2

Heat a large frying pan over medium heat. Drizzle it with extra virgin olive oil. Lightly sauté the garlic and then add the roulades. Sear until brown on all sides.

### Step 3

Season puréed canned whole peeled tomatoes with salt and pepper. Pour into the pan with the roulades. Add the sage leaf and cook over medium heat for 15 minutes.

*Serve warm.*

## Dessert

### [Mini tomato ricotta cheesecakes - Red Gold Tomatoes From Europe](#)



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## Ingredients

### For the biscuit (base)

- 120g butter, softened
- 50g basil
- 125g ginger biscuits, crushed into large crumbs

### For the filling

- 120g sugar
- 4 egg yolks
- 1 tsp extra virgin olive oil
- 500g buffalo ricotta, stirred to loosen
- peel of 1 lemon
- a pinch of salt

### For the topping

- 175g canned whole peeled tomatoes, smashed with a fork
- 50 ml water
- 1 tbs of sugar
- 1 stalk of celery, finely diced
- 5g salt
- 1 sheet gelatine, soaked in cold water, then squeezed dry

### For the tomato jam

- 1 kg canned whole peeled tomatoes, chopped, including the juices
- 300g sugar
- 10g salt
- 20 leaves of basil
- peel of 1 lemon

## Method

### Step 1

Make the biscuit base: blend the butter and basil, then add the crumbled biscuit. Spread the mixture into the bottom and sides of a cake tin and chill in the refrigerator to solidify.



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### Step 2

For the filling, whip the egg yolks with the sugar and olive oil, then whisk in the ricotta.

### Step 3

Preheat the oven to 175°C.

### Step 4

Pour/spoon the filling onto the biscuit base and bake for about 20 minutes until no longer runny. Leave to cool while you make the tomato topping.

### Step 5

For the topping: combine the whole peeled tomatoes, water, sugar and diced celery then cook for 8 minutes; strain then add the gelatine.

### Step 6

Boil for a few minutes until the gelatine melts, and then strain the topping and pour onto the cheesecake. Leave it to cool.

### Step 7

For the jam: combine all the jam ingredients—the canned tomatoes, sugar, salt, basil and lemon peel, in a saucepan and bring to the boil. Reduce the heat and cook uncovered at a low simmer, until the mixture is thick and jam-like, for about an hour. Chill until ready to serve.

*Serve the cheesecake cut into slices with a spoonful of tomato jam alongside*

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