



## **Slow-Roasted Stuffed Tomatoes**

*From The Slow Mediterranean Kitchen by Paula Wolfert. Serves 4.*

### **Ingredients**

4 medium red ripe tomatoes  
Coarse sea salt  
2 teaspoon garlic, minced  
½ cup flat leaf parsley leaves, coarsely chopped  
¼ cup fresh bread crumbs  
Extra virgin olive oil

### **Method**

Core the tomatoes, cut in half horizontally, and squeeze each half gently over the sink to extract as many seeds as possible. Cut out the insides and reserve. Sprinkle about 1/4 teaspoon salt over each tomato half, turn them upside down on paper towels on a rack, and leave to drain for 30 minutes.

Preheat the oven to 300° F. Gently squeeze the tomatoes again to rid them of any excess moisture. Lightly oil a shallow baking dish large enough to hold all the tomato halves in one layer. Add the tomatoes, cut sides up, and bake, uncovered, for 2 1/2 hours.

Chop the reserved insides of the tomatoes. Mix with the garlic, parsley, and bread crumbs. Divide into 8 equal parts. Remove the tomatoes from the oven and place one portion into each tomato, pressing down lightly with the back of a spoon.

Drizzle about 1 tsp. olive oil over each tomato and return to the oven for 20 more minutes. Turn off the heat but leave the tomatoes in the oven until serving time.