



## Greenmarket Recipe Series

**Natural  
Gourmet  
Institute**

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### TOMATO JAM

Recipe by Natural Gourmet Institute

SERVES 6-8

#### Ingredients:

- 1 tablespoon extra virgin olive oil
- 2 cloves garlic,\* minced
- 1 tablespoon minced fresh ginger\*
- Pinch red pepper flakes, optional
- 2 ½ pounds tomatoes,\* seeded and roughly chopped into small dice-sized pieces
- Sea salt and freshly ground pepper to taste
- 2-4 tablespoons apple cider vinegar\*
- 2-4 tablespoons honey\*
- 2 tablespoons chopped fresh herbs\* (basil, tarragon, parsley, and/or thyme work well)
- 1 baguette,\* sliced

#### Directions:

1. In 12-inch sauté pan, heat oil over low flame; add garlic, ginger and red pepper flakes. Sweat until garlic just begins to soften and turns golden in color. (Do not overcook the garlic).
2. Add tomatoes and increase flame to medium high. Cook, watching carefully so mixture does not burn, until tomatoes thicken and slightly char.
3. When tomatoes have thickened to jam-like consistency, lower heat and season with vinegar, honey, salt and pepper. Allow mixture to cool slightly before spreading a small amount on bread. Season with fresh herbs and serve.

***\*Ingredients available seasonally at your neighborhood Greenmarket***

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit [www.growNYC.org](http://www.growNYC.org).

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