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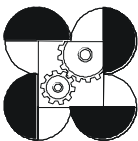
Telefax: 837-2071 loc. 2265 / 837-6156

e-mail: tsd@itdi.dost.gov.ph

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TOMATO FOOD PRODUCTS



Department of Science and Technology
INDUSTRIAL TECHNOLOGY DEVELOPMENT INSTITUTE
DOST Compound, General Santos Avenue
Bicutan, Taguig City, Metro Manila, PHILIPPINES
<http://www.itdi.dost.gov.ph>

‘Our Business is Industry...’

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Prepared by: **ELNILA C. ZALAMEDA**
TSD-ITDI

Ma. ELSA M. FALCO
FPD-ITDI

Edited by: **VIOLETA B. CONOZA**
TSD-ITDI

Cover layout by: **LUZMIN R. ESTEBAN**
TSD-ITDI

Adviser: **NELIA ELISA C. FLORENDO**
TSD-ITDI

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TOMATO FOOD PRODUCTS

INTRODUCTION

Tomato is a highly seasonal and perishable crop with peak season from February to April. During the rainy season, its supply decreases, thus increasing its market price.

It is rich in vitamins A, C, niacin and hemoglobin; and minerals, such as calcium, phosphorus and iron. Because of these valuable contents, the tomato should be made available to the common man as food supplement. Though it can be eaten raw, children prefer to consume it in its more palatable form.

Due to the foregoing, it would be best to preserve tomatoes not only to make them more acceptable but also to serve as stock for use in times of scarcity.

Following are methods of processing and preserving tomatoes developed by ITDI.

BOTTLED WHOLE TOMATO

Materials

- 1 kg tomatoes
- 4 tsp salt
- 1 tsp calcium chloride (lime)
- 4¼ cup water

Utensils

- | | |
|---------------------------|----------------------|
| strainer/colander | weighing scale |
| mixing bowl | casserole, stainless |
| thermometer | spatula |
| stove | knife, stainless |
| measuring cups and spoons | liquid measuring cup |

Packaging Material

- sterilized glass jars with new caps

Procedure

1. Select fresh, firm and fully ripe (not over-ripe) tomatoes.
2. Sort and wash thoroughly in running water.
3. Blanch in boiling water for ½ to 1 minute or in steam for 2-3 minutes.
4. Dip in cold water.
5. Cut out stem ends and peel off skin.
6. Pack tomatoes firmly in previously sterilized jars or bottles, leaving 1.3 cm (½-inch) from top.
7. Prepare 2% brine with 0.1% lime (4 tsp salt, 4¼ c water and 1 tsp lime) and boil.
8. Pour hot brine into the jars filled with whole tomato leaving 0.63 cm (1/3-inch) headspace.
9. Exhaust to 77°C (170°F) by heating the bottles filled with whole tomatoes for about 25 minutes.

10. Seal completely.
11. Heat again in the boiling water bath for 25 minutes.
12. Cool, label and store.

TOMATO PASTE

Materials

- 1 kg tomatoes
- 1 tsp salt
- ½ tsp sugar
- cornstarch
- sodium benzoate (optional)

Utensils

- stainless/enameled kettle
- measuring spoons
- casserole, stainless
- blender (optional)
- stove
- strainer, stainless
- bowl
- wooden ladle
- chopping board
- knife, stainless
- colander
- thermometer
- weighing scale

Packaging Material

- sterilized glass jars with PVC caps

Procedure

1. Sort and wash ripe, fleshy red tomatoes.
2. Blanch for 30 seconds and immediately dip in cold water. Remove skin and cut into halves (crosswise).
3. Strain the seeds through fine mesh stainless steel strainer.

4. Discard the seeds. Sterilize and/or cut the pulp into small pieces.
5. Mix the juice and pulp. Cook the mixture to soften the pulp by boiling for 10-15 minutes with occasional stirring.
6. Strain and measure the puree.
7. Add 1 tsp salt and ½ tsp sugar to every cup of tomato puree.
8. Transfer the strained puree into a casserole and cook over a low flame for 15 minutes.
9. Continue cooking with occasional stirring until a pasty consistency is reached. Add cornstarch previously dissolved in water (if desired).
10. Fill while hot (80°C) in sterilized bottle. Seal tightly.
11. Pasteurize in boiling water bath for 35 minutes.
12. Cool, label and store.

TOMATO SAUCE

Materials

4	cup	tomato puree
1½	cup	vinegar (5% acidity)
42	g	salt
0.22	g	white pepper
320	g	sugar
0.22	g	cinnamon
0.9	g	other spices
2	tsp	cornstarch dissolved in
¼	cup	water

Utensils

stainless/enameled kettle	bowl
wooden ladle	knife, stainless
measuring cups & spoons	chopping board
casserole, stainless	colander
blender (optional)	stove
strainer, stainless	thermometer
	weighing scale

Procedure

1. Sort and wash ripe, fleshy red tomatoes.
2. Blanch for 30 seconds. Dip in cold water and peel.
3. Scoop to remove the seeds. Strain and collect the juice.
4. Osterize and/or chop the pulp.
5. Mix the juice and the pulp. Boil for 10-15 minutes with occasional stirring.
6. Strain through a coarse strainer allowing all pulp to pass through.
7. To every 4 cups of the tomato puree, add the vinegar and the remaining ingredients.
8. Boil the mixture for 1 hour stirring constantly to avoid scorching until the right consistency is reached. Add cornstarch previously dissolved in water.
9. Fill while hot in sterilized bottle. Seal thoroughly. Process in boiling water for 35 minutes.
10. Cool, label and store.

TOMATO CATSUP

Materials

4	L	tomato pulp
4	cup	Sugar
½	tsp	cinnamon powder
½	tsp	pepper powder
½	tsp	cloves powder
½	tsp	paprika
½	cup	fresh onions
2	cup	vinegar (4.5% acidity)
2	tsp	sodium benzoate (optional)
3	tbsp	cornstarch dissolved in
1	cup	Water

Utensils

stainless/enamelled kettle	blender (optional)
measuring cups & spoons	strainer, stainless
chopping board	casserole, stainless
knife, stainless	wooden ladle
colander	stove
Bowl	thermometer

Packaging Material

sterilized glass jars with new caps

Procedure

1. Select and wash ripe fleshy red tomatoes.
2. Blanch tomatoes for 30 seconds, transfer into cold water, peel and cut into halves (crosswise).
3. Remove the seeds and chop the pulp into small pieces. Strain the remaining seeds thru a fine mesh screen.

4. Mix the juice with the pulp.
5. To every 4 liters of pulp, add the above ingredients (except for vinegar and sodium benzoate) and blend.
6. Place the mixture into a kettle and cook over low flame, stirring constantly to avoid scorching, until the right consistency for catsup is reached. Add vinegar and sodium benzoate (optional) until nearly cooked. Add cornstarch previously dissolved in water and cook until right consistency is attained/reached.
7. Pour while hot in sterilized bottles.
8. Seal thoroughly. Cool, label and store.

TOMATO CANDY

MATERIALS

- | | |
|-------|------------------------------------|
| 1 kg | tomatoes (thick, fleshy, red ripe) |
| 2 cup | refined sugar |
| 1 tsp | lime |
| | confectioner's sugar (optional) |

PROCEDURE

1. Wash, blanch tomatoes for 30 seconds and dip in cold water immediately.
2. Drain and peel tomatoes.
3. Cut crosswise into halves and remove the seeds.
4. Prepare 0.1% lime (approximately 1 tsp lime per 1 liter water) and soak tomatoes for 3 hours.
5. Wash thoroughly and dip in boiling water.
6. Drain tomatoes.

7. Mix tomatoes with refined sugar at a 1:1 proportion. Add kalamansi extract if desired.
8. Cook until syrup becomes thready.
9. Lay on trays and cool.
10. Roll in confectioner's sugar (if desired).
11. Pack in cellophane or plastic bags and seal. Label and store in cool, dry storage room.