

## *Fresh Tomato Juice*



### Ingredients

For ever 1 pint squeezed tomato juice\*

Add:

1 tsp. fresh lemon juice

¼ tsp. salt

### Procedure

#### Method 1

1. As you prepare your tomatoes for processing, scoop out the seeds and their membranes into a small mesh strainer. Work the membranes through the mesh. Discard the seeds or use for your garden.
2. Combine juice with lemon juice and salt.

#### Method 2

1. Remove skin and seeds from fresh tomatoes. Bring a large pot of water to a boil. Cut a shallow “X” on the bottom of the tomato, and cut out the core. Place the tomato with a spoon into the boiling water. Boil for 30 seconds or until skin just barely starts to come off. Remove from water and place in a bowl of ice water for 30 seconds. Do not leave in ice water too long, or the tomato will be soggy. Remove from water and peel off skin. (The skin can be saved to make Tomato Dust). Cut the tomato in half and squeeze out the seeds. (If you strain out the seeds you have tomato juice).
2. Coarsely chop the tomatoes. Work through a food mill. Push through a fine meshed strainer (chinoise).
3. Combine juice with lemon juice and salt.