



Tomato spoon sweet

30'
Hands on

20''
Hands off

50'
Cook Time

500 g
Portion(s)

1
Difficulty



Ingredients

- 400 g cherry tomatoes
- 1 vanilla pod
- 250 ml water
- 250 g granulated sugar
- 1 tablespoon(s) honey
- 1/2 teaspoon(s) cardamom, seeds, lightly crushed
- lemon juice, of 1/2 lemon
- 4 sprig(s) thyme
- 1 sprig(s) rosemary
- 30 g ginger, fresh, peeled and finely chopped

Διατροφικός πίνακας

Nutrition information per 100 gr.

245 Calories (kcal)	0.5 Total Fat (g)	0.1 Saturated Fat (g)	57.0 Total Carbs (g)
12%	1%	0%	22%
56.0 Sugars (g)	1.1 Protein (g)	1.5 Fibre (g)	0.02 Sodium (g)
62%	2%	6%	0%

Method

- Remove the stem from the cherry tomatoes and lightly carve on the bottom in a crisscross manner.
- Bring a **pot** full of water to a boil. Carefully add the cherry tomatoes and boil for 4-5 minutes, until the peel starts to loosen. Remove them from the pot and submerge them in some ice water.
- Peel their skin and set aside.
- Slice the vanilla bean open and gently remove the seeds with the back end of a knife.
- In a saucepan, add the water, sugar, honey, vanilla seeds, vanilla bean and the cardamom seeds.
- As soon as it comes to a boil, allow to boil for 5 minutes. Remove from heat and add the thyme and rosemary.
- Gently stir and cover with plastic wrap. Set aside for 15-20 minutes to allow the aromas to infuse the syrup.
- Pass mixture through a strainer and pour back into saucepan. Put back on heat and add the cherry tomatoes and finely chopped ginger. Simmer over low heat for 30-40 minutes or until the cherry tomatoes have softened and the syrup thickens to our liking.
- Make sure the syrup thickens enough. You do not want a syrup that is thin in consistency. If it has not thickened enough let it simmer until it becomes a thick syrup.
- Set aside to cool and pour into sterilized jars.