

# 紫蘇梅蜜番茄

備菜

10 分鐘

烹煮

24 小時

份量

20 份

## 材料

- 中型番茄約20顆，每顆約1.5至2英寸
- 紫蘇葉4-5片
- 酸梅6-8顆或梅粉1tsp
- 楓糖2tbsp
- 飲用水2cup

## 步驟

1. 番茄洗淨在底部切一小刀，放入滾好的水裡煮1-2分鐘，讓外皮裂開。撈起放入冷水中冷卻，不燙手時即可把皮脫掉。
2. 把脫好皮的番茄靜置於約7X11” 大小的盒子裡，均勻撒上梅粉(或放入酸梅)。
3. 洗好的紫蘇葉切碎，平鋪於番茄上。
4. 飲用水與楓糖調和後倒入盒中，最少淹過番茄2/3高。
5. 蓋起來後放入冰箱1天後即可享用。可保藏1星期。



# Marinated Shiso Tomato



## Prep

10 min

## Cook

24 hrs

## Serving

20

## Ingredients

- Medium Tomatoes 20
- Shiso leaf 4-5
- Whole dry plums 6-8
- or plum powder 1 tsp
- Maple syrup 2 tbsp
- Water 2 cups

## Instructions

1. Cut a shallow "X" in the bottom of each tomato, boil them briefly, and dunk them in ice water.
2. Place peeled tomatoes in a clean container, no stacking. Evenly sprinkle dry plum powder on top or put in whole dry plums in the container.
3. Wash Shiso leaf clean, cut into small pieces and place on top of tomatoes.
4. Mixing water and maple syrup, pour mixture into container, cover tomatoes 2/3 of the way.
5. Cover it up and marinated in the refrigerator for 24 hours.