



Culinary
Alliances

creating unique partnerships
for food service professionals

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Food Focus

Sun Dried Tomatoes

Product Info:

Sun-dried tomatoes are ripe tomatoes which are placed in the sun to remove most of the water content from the tomatoes, up to 93% during the process. As a result, it takes about 20 lbs of fresh tomatoes to make a single lb of sun dried tomatoes.

After the drying process, the tomato fruits retain their nutritional value. Tomatoes are high in lycopene, antioxidants, and vitamin C and low in sodium, fat, and calories.

Sun dried tomatoes were created on the tile roofs of Italy as a way to store fresh tomatoes for the winter. This technique is still used for tomatoes, only in much larger quantities.

Sun-dried tomatoes can be used in a wide variety of recipes and come in a variety of shapes, colors, and tomatoes. Traditionally they were made from dried red plum tomatoes, but they can be purchased in yellow varieties of tomatoes as well.

Sun-dried tomatoes may also be preserved in olive oil, along with other ingredients such as rosemary, basil, dried paprika, and garlic.



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