

Breakfast Tomatoes - On toast

Simple, quick, delicious for breakfast or any time really. This method was a family standby, using just butter and no oil. The better the quality of the tomatoes, the better the result but the recipe is still fine for tomatoes just past their best. The dash of sugar makes all the difference as Australian tomatoes tend not to be sweet, as in Italy, say. The butter is also important. If they are not very tasty tomatoes, cook them longer on a lower heat to concentrate and improve the flavours.

For two people:

- ☐ 1 tbsp butter
- ☐ 1 tbsp olive oil
- ☐ 3 or 4 ripe medium sized tomatoes
in two or more slices
- ☐ salt and pepper to taste
- ☐ pinch or three of sugar
- ☐ bread for toasting
- ☐ (optional) sliced onion



Method:

Add the butter and oil to a frying pan and heat until starting to sizzle.

Add the tomato slices and season with salt and pepper and sugar.

Turn the slices once or twice being careful to keep the slices intact while they cook through.

Serve:

For breakfast or lunch on buttered toast.

Equipment:

Frying pan.

Difficulty and Time:

Very easy (1/5). Several minutes to prepare and cook.

Notes and variations:

- ☐ Fry some sliced onion first to soften, then add the tomatoes.
- ☐ Towards the end, fry eggs in the same frying pan next to the tomatoes
- ☐ Dice the tomatoes instead of slicing, make holes in the cooked tomatoes, break an egg into each hole and place a lid on top to cook.
- ☐ Sprinkle with chopped parsley or basil.
- ☐ Make a tomato sauce for pasta or pizza using the same method but dicing rather than slicing the tomatoes and cooking longer to concentrate flavours.