





### **Delicious Martha**

—— food, life & beauty from my view



She studied Advertising and Public Relations at the Blanquerna Marketing Department, following her instinct to want to communicate. But a turning point in her personal and professional life veered her toward the world of cooking, and she discovered a passion to communicate it. This sparked her excitement for merging her two passions—communication and gastronomy.

Currently she works with various media outlets and creates content for culinary platforms, collated with artistic direction and culinary photographic styling.

She has a passion for photography, music and chocolate, which she cannot resist. She is attracted to everything "homemade" and personalized—everything hiding a story.

She likes to read to soak up new concepts and ideas that she can carry out. She is inspired by every little detail, every word received, every criticism, the smell of whatever she's cooking which remind her of all those recipes yet to be discovered.

Self-taught in the world of cooking, she is always looking for new flavours, unknown recipes, ingredients and challenges that push her to learn and improve every day.

She is fond of salty than sweet flavours but convinced that a meal without dessert is not a meal.

For her, gastronomy unites people and transcends borders. She adamantly defends that food has to be attractive and should make you enjoy a really good experience.

## Stuffed Monterosa tomatoes

#### INGREDIENTS

- 2 Monterosa tomatoes
- 1 handful of buckwheat or rice
- · Fresh parsley
- 4/6 green olives
- 6/8 capers
- Germinated radish sprouts
- Extra virgin olive oil
- ½ teaspoon ground cumin

#### **PREPARATION**

First, boil the buckwheat or rice. If you use wheat, clean it well under running water with a colander and put it in cold water. Use twice as much water as wheat. Cook until it has absorbed all the water and remove it from the fire to let it cool.

On the side, wash the tomatoes, spoon out the flesh and reserve the seeds and juice in a separate bowl. Set the tomatoes aside.

In the bowl where have the seeds, add the capers, sprouts, chopped pitted olives and chopped parsley. When the buckwheat or rice is cool, pour and mix everything well. Finally add the oil and cumin and mix well until smooth.

Using a spoon, fill the tomatoes until they are stuffed.

Garnish with some more sprouts and serve.



## Pink salad

#### **INGREDIENTS**

- 1 Monterosa tomato
- Nuts, chopped
- Chopped parsley
- Extra virgin olive oil
- · Salt flakes

#### **PREPARATION**

Wash the tomato well and remove its leaves. Cut it in half vertically. Set aside one half. With the other, cut both ends and remove them. Carefully, cut very thin slices of whole tomatoes, trying to keep the shape.

Once cut, stretch the slices out slowly, in the shape of a worm. Take one tip and bend inward, making a snail. Wind it in a spiral shape until you reach the opposite end.

Press the edges so that it is attached (you can use toothpicks to hold it together).

Sprinkle the chopped parsley, chopped nuts, salt flakes and a splash of olive oil.



## Mango carpaccio

#### INGREDIENTS

- 1 Monterosa tomato
- ½ ripe mango
- 1 fresh mozzarella
- Fresh basil leaves
- Fennel leaves
- Extra virgin olive oil
- Mustard salt

#### **PREPARATION**

Clean the tomato, remove the leaves and cut into slices. Place it well distributed around the edge of the plate.

Drain the mozzarella and cut it into thin slices. Use it to cover the tomatoes lightly.

On the side, the cut the mango in half, peel it and (using a tomato peeler) make longitudinal cuts, resulting in thin strips. Roll them up, forming a spiral. Then put them all in the middle of the plate, to obtain that flower shape.

Then place the basil leaves and fennel. Sprinkle the mustard and salt, and pour olive oil extra virgin.



## Avocado carpaccio

#### **INGREDIENTS**

- 2 Monterosa tomatoes
- 1 avocado
- Fresh parsley
- 1 tablespoon of flaxseeds
- · Smoked salt flakes
- ½ teaspoon of turmeric
- 1 tablespoon of chia seeds
- Extra virgin olive oil

#### **PREPARATION**

First, clean the tomatoes, removing leaves, and cut into horizontal slices and thinly as possible. Place all the slices on a large flat dish.

Then cut the avocado in half, remove the seeds, peel and put it on the cutting board with the hole upside down. Cut slices in the thinnest part so that we end up with the same avocado shape, but sliced.

Carefully, stretch the avocado slices without separating each slice from the other, as if making a worm. Roll up the tip on itself and wind it like a spiral. You will thus end up with a flower shape.

Arrange in the middle of the plate. Sprinkle with turmeric, flax, ground chia seeds, salt flakes and finely chopped parsley.

Finally, pour a splash of oil.



# Monterosa quiche

#### **INGREDIENTS**

- 1 shortcrust dough base
- 2 Monterosa tomatoes
- 1 spring onion
- 1 bay leaf
- 3 medium eggs
- 1 teaspoon of Dijon mustard
- 100 ml of cream
- 1 tablespoon of flour
- 160 g of grated cheese
- Salt
- · Black pepper
- 1 tablespoon extra virgin olive oil
- Oregano

#### **PREPARATION**

Preheat oven to 200 °C. Stretch the shortcrust dough base and use the roller to leave it flatter. Place the shortcrust dough in the mold in which prepare the quiche (round, about 24 cm in diameter and low). Press lightly with your fingers so that the base takes shape and adheres well. Remove protruding edges. With a fork, we prick the entire base and bake for 15 minutes. Once fully baked, we remove it from the oven and let cool

Put the oil in a frying pan. Pour in the cut spring onion, a cutup tomato and laurel. Season to taste. Stir well and cook over medium heat for about 10 minutes, until the onion begins to be transparent. Remove from heat, remove bay leaf and set aside.

Break the eggs and put them in a bowl, beat well and add the flour, cream, mustard and pepper. Add 60 g of grated cheese and mix everything. Put some cheese to the prebaked shortcrust dough and pour in the mixed eggs. Cut the other tomato in thin slices and arrange them over the entire surface.

Finish garnishing with the remaining cheese and bake again at 180 °C, covering the quiche with foil. Boil for about an hour or until you can stick a knife in the centre and it comes out clean.

Once it sets, turn on the oven grill and brown it on top for 5 minutes. Serve directly.



## Monterosa caprese

#### **INGREDIENTS**

- 1 Monterosa tomato
- 1 buffalo mozzarella
- Extra virgin olive oil
- · Fresh basil leaves
- Salt flakes

#### **PREPARATION**

Wash the tomatoes. Remove the leaves and the hardest part of the stem. Place it in a horizontal position, make slice-like cuts, without cutting it entirely—Hasselbeck style. It is helpful to put two utensils on both sides of tomato to prevent the cut from reaching the end.

Cut the mozzarella into thin slices and place them inside each tomato slice.

Garnish with fresh basil leaves. Before serving, splash extra virgin olive oil and sprinkle salt flakes.



### Monterosa toast with tuna

#### **INGREDIENTS**

- 1 slice of whole rye flour toasted bread
- 1 Monterosa tomato, cut into slices
- Tuna belly in olive oil
- · Salt flakes
- Basil leaves
- Extra virgin olive oil

#### **PREPARATION**

Toast the bread on both sides for two minutes. Serve on a plate. Add an jet of extra virgin olive oil.

Arrange the tomatoes, previously washed and cut into slices. Cover the drained tuna belly.

Garnish with salt flake, a pair of basil leaves and an oil jet.



## Monterosa Passata

#### **INGREDIENTS**

- 1.2 kg of Monterosa tomatoes
- Salt
- · 4 fresh basil leaves
- Olive oil
- 1 tablespoon of sugar (optional)

#### **PREPARATION**

Pour water in a large pot and boil. Wash the tomatoes and when the water boils, put them for 30 seconds in boiling water to blanch. Take them out and peel. Cut them in half and remove the seeds from each of the tomatoes. Cut into pieces and put in a low, wide pan. Add a teaspoon of salt, basil leaves and sugar to taste. Simmer on very low heat, stirring occasionally, as many hours as necessary until the water from the tomatoes has evaporated completely. It might take 2 to 4 hours.

When it is reduced to one third of the initial volume, place in different glass jars, pour olive oil over the surface and close hermetically. Keep the jars in the refrigerator.



## Gazpacho

#### **INGREDIENTS**

- 4 Monterosa tomatoes
- 1 green pepper
- ½ red pepper
- 3 garlics, previously roasted in the oven for 25 minutes at 200 °C
- ½ onion
- Wine vinegar
- Water
- · Extra virgin olive oil
- Salt

#### **PREPARATION**

Put the garlic, unpeeled, wrapped in baking paper or aluminium foil in the oven at 200 °C until golden. Take them out, peel them and put them in the blender bowl. Cut the onion and put it to soak in vinegar while you cook the garlic. After a while, drain them and put them with the garlic.

Wash the tomatoes, remove the leaves and cut into quarters. Do the same with the peppers and put everything together in a blender. Add a spoonful of vinegar, salt and half a glass of water.

Crush all of it for a few minutes until smooth. Pour the contents onto a colander with a bowl underneath. With the mortar mace, stir well to drain all liquid. You are left with only the seeds and skins.

Keep the liquid in a glass bottle in the refrigerator. Sprinkle olive oil before serving.





I was born a cool morning in June 2012 in Cabrera de Mar, on the Costa del Maresme (Catalonia). My mother is a pear tomato from Girona and my paternal grandfather is a Costoluto Genovese. My Mediterranean looks come from this mixture of Catalan and Italian blood. I was born for the passion of enjoying the Mediterranean diet and the commitment to recover the tomatoes of yesteryear. Each tomato is exceptional, an explosion of colour and flavour.

### Let me entice you...

I'm asymmetrical and ribbed. My velvety skin and very appealing sepals give me a lush and voluptuous appearance. Apple green in my youth, I evolve into intense pink when ripe—emanating a characteristic herbaceous aroma.

My good looks are a promise of what all your senses will enjoy from me, a balanced and tasty tomato. Those who know me best speak of my sweetness and fruity finish. Rediscover the pleasure of an intense garden tomato flavour, with an aftertaste that lingers in the mouth and the memory. My flavour makes me ideal for unforgettable dishes prepared with love—dishes distinguished by the delicacy and simplicity of the most natural ingredients. All this without losing any of the tomato properties that enrich the Mediterranean diet...





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