

Pan-Seared Tomatoes
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1 pint of cherry or grape tomatoes, rinsed and dried
1 ounce of silver tequila, bourbon or juice of one lime
1 tablespoon or so of fresh mint, chopped
Pinch of salt
One half tablespoon extra virgin coconut oil, grape seed or other high heat oil

Heat a sauté pan on medium high heat. Add the oil and allow it to heat for a few seconds. Cool oil won't produce that immediate sear you are looking for. Throw the little tomatoes into the hot pan and wait about 15 seconds. Don't move them just yet.

Then start rolling them around in the pan and watch their skins blister. About a minute later, move the pan away from the flame if you are using a spirit and pour it in. Carefully return the pan to the burner. If the flame catches a vapor of the alcohol, it will flare in the pan. That's not a bad thing. As the flame dies down, you know the alcohol has burned off. Just watch that you don't set yourself on fire in the process.

Fresh lime juice or any other citrus will work fine, without the fear of fire.

Finish the tomatoes with a pinch of salt and the chopped mint.

Variations: other spirits will work fine here as well as your choice of herbs. Play around with infinite combinations. Another favorite of mine: bourbon finished with honey, fresh orange juice and fresh basil.