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FOOD

Sapo Bravo Tomato salad

August 31, 2012, 1:06 am • Section: Food, Signature Dish

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If you are a tomato lover then you know to look forward to this time of the year, when tomatoes taste sweet, juicy and meaty. If you live in Vancouver and have tomato plants your tomatoes are ripening as we speak.

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I must admit, I am a tomato lover. I look forward to this time every year, and when tomato season starts I try to make the most of it. In the past years I have canned and pickled tomatoes for the winter.



There are a few people in Vancouver that I have purchased tomatoes from for [Diva at the Met](#). However, this year I am only purchasing tomatoes from Gabriel and Katie who run a farm called [Sapo Bravo Organics](#), which in Spanish means *Brave Frog*. The farm is located in Lytton, BC.

One of the tomato types that they grow is called the Black Russian. Gabriel got the tomato seed from a friend of his who transported it over from a small village in Russia. This village is part of a land that does not have a lot of interactions with the outside world. As such, the seeds have not been modified and was the original tomato that was grown in the past. All I know is that it tastes absolutely amazing.



This year at [Diva](#), we are serving three different types of tomato salads. One of them being the Russian Tomato salad, which is marinated and then dehydrated at a very low temperature. This way the centre of the black Russian tomato will taste raw and the outside is torched, which gives a flavour of roasted meat. We pair the salad with pickled beans and basil puree, both of which come from [Sapo Bravo Organics](#). Then we finish the salad with purple basil and burrata cheese.

Another dish we're serving is called the New Greek salad that is served with frozen, shaved tomato gazpacho, compressed cucumbers and feta cheese.

Finally, we're serving a tomato salad with fried egg that resembles the taste of Parmesan cheese. I have provided the recipe below on how to make the mock egg white:

Mock egg whites that taste like Parmesan cheese:

Part 1:

Parmesan Whey

Ingredients:

- 500g Parmesan cheese
- 300g water

Process:

1. Place cheese and water in a food saver bag and cook in a water bath at 80 °C for two hours
2. Drain the cheese water through a cheesecloth or coffee filter.

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Part 2:

Ingredients:

- 250g Parmesan Whey
- 1.8g gellan
- 5g skim milk powder

Process:

1. Bring Parmesan whey to a boil, whisk in gellan and skim milk powder. Continue whisking until boiling again. Let boil for 40 seconds.
2. Remove mixture from heat and froth whey mix with an electric hand mixer.
3. Pour froth over tomato bubbles and garnish with whatever you like. At Diva we serve Mock eggs with charred tomato gazpacho, basil, Parmesan fat, rat-tail radish and garlic chips.

<http://www.chefnamid.com>

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