









# How to make tomato juice

## You need:

- a. 5 kilo of ripe tomato
- b. a big pot with hot water
- c. sieves
- d. knives and spoons
- e. a chopping board
- f. a wooden stirring spoon
- g. bowls
- h. glass jars with metal lids
- i. some sugar and salt
- j. a funnel

1.	Wash the glass jars with hot water	
2.	Wash the tomatoes.	
3.	Heat some water in a big pot. Put some tomatoes in a sieve and dip them into the water for a few seconds.	

4.	Put the tomatoes in another bowl and take the skin off.	 Two photographs showing students in a kitchen. The left photo shows a group of students gathered around a table, peeling tomatoes. The right photo shows a closer view of students peeling tomatoes, with a large orange bowl filled with peeled tomatoes in the foreground.
5.	Cut the tomatoes into small pieces.	 A photograph showing a student cutting tomatoes on a wooden cutting board. There are several small pieces of tomatoes on the board and in a bowl nearby.
6.	Boil the chopped tomatoes for another 15 minutes.	 A photograph showing a student stirring tomatoes in a large stainless steel pot on a stove. Another student is standing next to her, observing the process.
7.	Pass the tomatoes through a thick sieve. No seeds should go into the juice!	 A close-up photograph of a hand straining tomato puree through a white sieve into a stainless steel pot. The sieve catches the seeds and pulp, leaving a smooth puree in the pot.
8.	Cook the puree again for 15mn and add some sugar and salt to it.	 A photograph showing two stainless steel pots on a stove. The pot on the left contains a smooth tomato puree, and the pot on the right contains a chunkier tomato puree with a wooden spoon resting in it.

9.

Pour the hot tomato juice into the jars.



10.

Put the lids on the jars and turn them upside down for a few minutes.



11.

Wrap the jars in newspapers and put them between pillows or wrap them in a sleeping bag.



12.

If you want to drink some tomato juice just open a jar and enjoy it.

