

ATLAS SWIFT & EARTH TO PLATE
CONFIT TOMATOES WITH OLIVES + FENNEL SEED



ATLAS SWIFT
PREMIUM WINES





CONFIT TOMATOES WITH OLIVES + FENNEL SEED

CHEF NOTES

Summer brings a rainbow of tomatoes, and one of my favorite ways to bring out their natural sweetness is by slow-cooking them with herbs and aromatics. The French confit technique - cooking in oil at a low temperature, preserves the tomatoes and gives them a melt-in-your-mouth, jam-like texture that's absolutely delicious.

I love making big batches while tomatoes are at their peak and storing them in jars. Not only are the tomatoes a pantry superstar, but the infused oil is a bonus, perfect for drizzling over bread, tossing into salads, or using in marinades.

For the best results, use cherry, grape, or heirloom tomatoes. Leave the tiny ones whole or slice larger ones into wedges. Adding olives brings a subtle savory note, while fennel seeds brighten everything up. Stir in a bit of white or yellow miso for a hit of umami, it's optional but so worth it if you're a fan!

These little flavor bombs are endlessly versatile. Serve them on a mezze board, in sandwiches or wraps, with roasted veggies, brothy beans, or even tossed into pasta. You can purée them into a rich sauce too. The possibilities are endless!

INGREDIENTS

- 500g summer tomatoes (see notes)
- > + ¾ cup Olive oil - more if needed
- > ½ cup green olives, pitted
- > 2 tsp fennel seeds, toasted
- > Chilli flakes, optional
- > 1 tbsp miso paste (see notes)
- > 3 large Garlic cloves, peeled + sliced
- > Fresh Thyme + Bay leaves
- > Salt + cracked black pepper
- > Lemon for seasoning
- > Fresh basil, torn

METHOD

(Refer to recipe video for visuals [@atlasswift_wines](#))

Preheat the oven to 130 C

Gently crush the olives with the back of a knife and chop them roughly.

If using miso: In a small bowl, whisk the miso with 2 tbsp olive oil until smooth. Gradually whisk in the remaining oil to ensure even distribution. (Skip this step if not using miso.)

Scatter garlic slices, chopped olives, thyme, and bay leaves across the base of a medium baking tray or oven safe dish. Arrange the tomatoes in a single layer over the aromatics. Sprinkle with salt, cracked black pepper, and toasted fennel seeds (add chilli flakes if desired) Drizzle the miso-infused oil (or plain olive oil) over the tomatoes, ensuring the oil reaches halfway up their sides.

Bake for about 2 hours, or until the tomatoes soften, shrivel slightly, and deepen in color.

Remove from the oven, season with a squeeze of lemon and let the confit cool completely.

Add torn basil leaves and transfer everything, including the juices, into a jar. If the oil doesn't fully cover the tomatoes, top up with additional olive oil. Seal the jar and store in the fridge for up to one month.

Refer to chef notes for recipe tips and uses



Layering of aromatics both below and above the tomatoes during the slow cooking process deepens their flavour and enhances their silky texture.



The tomatoes soften into a more concentrated version of themselves, while still holding shape. Their flavour becomes wonderfully complex with layers of sweetness and balanced acidity.



Atlas Swift Wellington Chardonnay (2023)

Presenting a pale lemon hue, this tantalizing wine enchants with intense fragrances reminiscent of green pineapples, mangos, and fresh limes. A hint of Flor yeast and Fynbos adds another layer of complexity to its vibrant aromatic profile.

This medium-bodied wine is both rich in structure and beautifully balanced across fruit, acidity, and oak. You will sense the lasting fruity richness, rounded off with a whisper of green almonds for an exquisite close.



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