

**RED GOLD FROM EUROPE. THE ART OF PERFECTION, PRESERVED FOR YOUR TABLE.**

Press Release

March 28, 2020

@Shanghai, China

## **Stay Healthy with Red Gold from Europe!**

Spring with its fresh breeze and warm sunlight is always a season for rebirth and renewal. However, this year's spring becomes a little bit special due to the outbreak of coronavirus. Proactive actions are taken all over the world to ensure the safety and health for all of us.

At the moment when vaccines have not been developed by the scientists, Red Gold from Europe team would like to strengthen again the importance of self-protection measures. In addition to the physical prevention tools like face masks or sanitizers, please also do not neglect the supplement of the nutrients needed by the human body. Improving self-immune system has proved to be an effective way to fight against virus.

Fruits and vegetables are always great resources of daily nutrition, advised by many experts. Red Gold Tomatoes from Europe when bringing the color of sunshine to your table, also bring the necessary nutrition elements as shown in the below chart for you to stay healthy:



- ✓ **20%** Vitamin C, being one of the healthiest nutrients due to its anti-infection function
- ✓ Only **23** Calories per 100 gram of tomato
- ✓ **0** Cholesterol and low fat
- ✓ As high as **10mg** Lycopene content in 100 gram canned tomato

[REDGOLDFROMEUROPE.CN](http://REDGOLDFROMEUROPE.CN)

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Many people are becoming “great chef” during the time spent at home for self-protection, cakes made from electric cooker, caramel treats, cold rice noodles etc.

Why not try to use the delicious AND nutritious Red Gold from Europe Tomatoes to make a wonderful dish for your family and friends! We have prepared a recipe for you that is suitable for the blooming spring season!



### RECOMMENDED RECIPE: CROSTATA DI POMODORI – SWEET TOMATO TART



**Time:** 2h

**Serves:** 4

🍅 For the pastry:

- 🍅 250 g superfine plain flour
- 🍅 125 g butter
- 🍅 100 g castor sugar
- 🍅 1 egg yolk
- 🍅 a small pinch of salt
- 🍅 grated lemon rind

🍅 For the pie filling:

- 🍅 200 g cane sugar
- 🍅 8 cloves
- 🍅 1 teaspoon of powdered cinnamon
- 🍅 2 sachets of pure vanillin
- 🍅 75 g toasted peanuts
- 🍅 4 eggs
- 🍅 1 small glass of rum
- 🍅 a pinch of nutmeg
- 🍅 500 g **Canned Whole Peeled Red Gold Tomatoes**
- 🍅 Icing sugar to dust

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### Method:

Put the flour in a bowl and sprinkle a little salt, make a well and add the butter at room temperature. Rub together with your fingers until it resembles very fine breadcrumbs. Form a well in the centre again and add the sugar, grated lemon peel and egg yolk. Mix quickly for a short time to form a dough, then put the mixture in the refrigerator for half an hour.

Beat the sugar with the egg yolks until they form a soft, fluffy cream. Crush all the spices together in a mortar and add them with the rum to the cream. Sieve the **tomatoes** and pour into a fine strainer (preferably not made of steel) and leave it to strain for at least an hour. Then add the resulting juice to the cream, together with two whipped egg whites folding in delicately with a spatula, from high to low.

Line a tart dish with the shortcrust pastry also on the sides, pour the filling in delicately and bake in a pre-heated oven at a medium high temperature, for an hour and fifteen minutes. Let it cool in the dish and then place it on a plate, dust with icing sugar, flavoured with cinnamon and vanilla.

**SHARE THE RED GOLD TOMATO WITH YOUR FAMILY AND FRIENDS,**

**SHARE THE LOVE AND HEALTH WITH THEM TOO! **

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## **ABOUT RED GOLD FROM EUROPE & ANICAV**

Red Gold is the name of the EU (European Union) project to spread knowledge about EU Preserved (canned) tomatoes 100% Made in Europe.

The Italian Association of Canned Vegetable Industries ANICAV members account for over 60% of all the processed tomatoes in Italy, and nearly all of the whole peeled tomatoes produced in the world (including the internationally well-known San Marzano DOP).

🍅 For more information about Red Gold from Europe, please visit our Chinese website or follow our Weibo and Wechat public account as follows:

🍅 Website: [www.redgoldfromeurope.cn](http://www.redgoldfromeurope.cn)

🍅 Weibo: @RedGoldFromEuropeChina

🍅 Wechat: @EU 红金西红柿



🍅 **Red Gold from Europe, More Activities in 2020, Welcome to Explore** 🍅

**The Red Gold from Europe China Team**

RedGoldFromEurope@163.com

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