





How to sublimate the sundried tomato in your plates





















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Salad of **DRIED TOMATOES** marinated with arugula, honey and pistachio slivers









200 gr Dried tomatoes

200 gr Cherry tomatoes

200 gr Arugula

100 gr Dried figs

50 gr Pistachios

10 cl Olive oil

5 cl Cider vinegar

1 cc Sugar

1 cc Teaspoon Thyme

3 cs Tbsp Honey

1 Clove of garlic

1 Lemon

1 Pinch of Pepper

1 Pinch of salt



- 1. Cut the dried tomatoes in pieces and marinate them in honey the night before;
- 2. Cut dried figs into pieces and julienne;
- 3. Clean and remove stems from arugula;
- 4. Clean and cut cherry tomatoes in halves;
- **5.** Prepare a vinaigrette with salt, pepper, thyme, basil, sugar, chopped garlic, then add vinegar, honey, lemon and olive oil, and mix well;
- **6**. Arrange the salad with the arugula, sun-dried tomatoes, cherry tomatoes, sun-dried figs and sprinkle the crushed pistachios on top.
- 7. Add the vinaigrette sauce and a drizzle of olive oil.









200 gr Dried tomatoes **200 gr** Cherry tomatoes 20 gr Arugula

10 cl Chetoui olive oil

5 cl Dates sirop **4** Pieces Burrata

1 Cereal bread 1 Clove of garlic 1 Pinch of Salt

1 Pinch of cracked pepper



- 1. Soak dried tomatoes for 10 minutes in cold water to desalinate, then drain them of their water:
- 2. Preheat oven for 10 minutes at 200°C, cut bread into large slices and toast it;
- 3. Place the burrata on baking paper and bake for 10-15 minutes at 150°C;
- 4. Rub toast with garlic, drizzle with Chetoui olive oil, arrange arugula and burrata with a drizzle of dates sirop and olive oil;
- 5. Decorate with dried tomatoes and cherry tomatoes with a pinch of cracked pepper and a pinch of fleur de sel, and a drizzle of olive oil.



Pearl of Mhammas with clams of Gabes and DRIED TOMATOES in powder and their brunoise of winter vegetables







200 gr Clams

200 gr Mhammas Mazlouga

200 gr Fresh tomatoes

80 gr Dried tomatoes in powder

50 gr Peas

10 cl Olive oil

1 cc Tsp Crushed red hot pepper

1 Onion

2 Cloves of garlic

2 Carrots

1 Potato

1 Pinch of Salt

1 Pinch of Pepper









- **1.** Clean the clams with a lot of water by shaking them, and keep them overnight in the refrigerator in salted water (30 gr of salt per liter of water);
- **2.** The next morning, repeat the same operation of cleaning the clams, rinse them well and make sure that there is no sand on them;
- **3.** Cut the onion very finely, the carrots and the potato into brunoise. Reserve the potato in water:
- **4.** Peel the peas, blanch them for 1 minute in boiling water, remove them and dip them immediately in ice water (to keep their beautiful color), set aside;
- **5.** In a makfoul, add olive oil, dried tomato powder, fresh tomato and garlic, season with salt, pepper and ground chili pepper, bathe in half of cold water and turn on the cooker;

- **6.** Put the Mhammas in the couscoussier(couscous cooker), spread it with a little olive oil and put the couscoussier on the makfoul. Cover;
- **7.** When it boils, lower the heat and simmer for 30 minutes, adding a little water when necessary:
- **8.** Add clams to the sauce. As soon as the water starts boiling again, add the diced vegetables and the Mhammas, cook for 10 minutes and adjust the seasoning;
- **9.** After cooking, the Mhammas should be neither too liquid nor solid, but between the two with a nice creamy sauce. Serve in a bowl with lemon slices and decorate with parsley or coriander as desired.



Madmouja with Kebilli dates, **DRIED TOMATOES** and dried fruits of Gafsa







250 gr Fine semolina

125 gr Dates

60 gr Sugar

60 gr Dried tomatoes

25 gr Almonds

25 gr Nuts

25 gr Pistachios

25 gr Hazelnuts

25 gr Pine nuts

25 cl Chemlali olive oil

30 cl Vegetable oil

2 cc Honey

2 cs Tbsp Geranium water

1 Pinch of salt



- 1. Cut the dried tomatoes in julienne, marinate them in honey, the night before;
- 2. Place the semolina in a bowl, add the water and salt and mix well;
- 3. Knead by hand for 20 to 30 minutes to make the semolina smooth and soft,
- 4. Form the paste into a ball;
- **5.** Oil the work surface, put the ball on it and roll it out by hand while sprinkling it with olive oil;
- 6. Fold the edges over each other to form squares, then dip them in very hot frying oil;
- 7. Remove fritters as soon as they turn golden brown and drain off oil;
- 8. Continue until all paste is used up;
- 9. Roast dried fruit and set aside a small amount for decoration;
- **10.** Dice ftayers into medium-sized cubes, place in a large dish and add dried tomatoes, pitted and diced dates and dried fruit.
- **11.** Sprinkle the whole with hot sugar syrup (Bounta), geranium water and a trickle of Chemlali olive oil;
- 12. Serve in a cup decorated with dried fruit chips and powder.





An Exceptional flavor!

Multiple Benefits

inhibits the intestinal absorption of cholesterol.

Has preve virtu

Has preventive virtues



Allows a good regulation of the intestinal transit thanks to its richness in fiber

Protects against several cancers





Ingredients :	Preparation :





Ingredients :	Preparation :



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Tomates séchées de Tunisie













