Tomato flowers

1. Starting at the top, cut a thin ribbon of tomato skin in a spiral until you have peeled the whole tomato. If the tomato is quite soft, this may be easier with a serrated knife. The ribbon of tomato skin should be 1-2cm wide and quite thin, so that there is not much of the tomato flesh attached. Keep the ribbon width as uniform as possible. It is a good idea to do this over a plate so that the ribbon has somewhere to rest, otherwise it may break off when it gets long.

2. Starting at the bottom end of the ribbon, gently curl it round itself to form a spiral cone-shaped coil.

3. Carefully turn it upside-down and place on a plate for decoration.

Excerpt from “Vegetarian Vietnamese Cookery”

By Dr Thị Phung Lý, Anna McIvor, Joy Magezis and the Cambridge Sangha. Available from the Community of Interbeing bookshop or locally from Anna McIvor, Cost £15, all proceeds go towards buying a meditation centre.