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91 EAST STREET , EPSOM , SURREY, KT 17 1 DT

RECIPE

Stuffed Marrow.

Ingredients: one large marrow or very fat courgettes.
300 gr minced beef steak
1 large Echalion or 2 Shallots
3 cloves of garlic
1½ cup of basmati rice

Seasoning: salt , pepper, ground cinnamon, Worcestershire sauce

Prep: cut the marrow lengthways in two equal halves, scoop the seeds leaving some of the white flesh, sprinkle with salt and put aside

Brown the meat by itself in a hot pan in its own fatty juices, for only a few minutes but do not overcook remove and set aside.

Put some oil in the pan , fry the shallots until translucent , add the rice and season (not the w/sauce), add one of cold water.

Gently bring up to the boil for 3 minutes , bring down the temp to simmer, add the beef and sprinkle with w/sauce.

Now give everything in the pan a good stir, cover and simmer for 10 mins.

Put your grill on medium heat, get an oven dish onto which the 2 halves of the marrow will fit and put 1/2inch of water at the bottom.

Place your marrow scooped out sides upwards in the dish. Switch the hob off and start spooning your stuffing into the marrows channels.

Fill to the top in a heap, cover the whole thing with foil and put under the grill for 10 mins

Remove the foil, and replace under the oven to brown for another 10 mins

Remove and serve with a green salad, or Greek Tzasiki yogurt (yogurt , garlic, fresh mint)