

## View from the Fridge – Recipes from Brian Donkin

### **Recipe # 68 – Stuffed Marrow with Red Pepper and Tomato Coulis served with Shitake Mushrooms in Cream Sauce**

***Preparation time: 20 mins – Cooking time: 1 hr 10 mins***

#### **Ingredients**

1 whole marrow medium sized (around 10 inches)  
1 small onion diced  
6 spring onions chopped  
1 wine glass of basmati rice  
Salt and Pepper  
3 tblsp olive oil  
1 wine glass of vegetable stock

#### **Method**

1. Put onion and spring onions into pot with olive oil
2. Sweat (cook lightly) over medium heat
3. Add basmati rice and stir for 30 seconds on same heat
4. Add vegetable stock and cook until all the stock has disappeared then take off heat. (The rice should now be half cooked)
5. Peel marrow and remove a quarter inch (top and tail) from each end
6. Cut off one fifth of the length
7. Deseed both parts with a dessert spoon
8. Fill both parts with the half cooked rice mixture
9. Join the two pieces back together and place on oiled aluminium foil wrapping tightly so they don't fall apart
10. Place on baking tray in oven at 200 degrees for 30 mins. Turn over and cook for a further 30 mins
11. Remove from oven and remove foil, place on chopping board and slice into ½ inch pieces
12. Serve with Red Pepper and Cherry Tomato Coulis and Shitake Mushroom in Cream Sauce (See Sauces)

*Serves 3 (see next page for picture)*

