

A little something to try in Stella's Stove...

Paul's Tuesday Quickie

This is a little something I worked out to eat after swimming on Tuesday nights. Biff made me divulge it to Jane one Wednesday who has since approved it for general release, so here it is. You can do the preparation before swimming and cook it when you get home.

Serves 2

Ingredients:

1 185g can Smoked Tuna Slices (we like John West in Oil), well drained
1 175g can Crab Meat (also works nicely with canned peeled "prawns"), well drained
Tabasco to taste
Black pepper to taste
Garlic granules (if liked)
2 large capped mushrooms
Salad Cream (we like Heinz Lite, you might also try mayo)
Cheese

Method:

Wash the mushrooms, removing the stalk if you wish.

In a bowl mix the tuna and crab with enough salad cream to make a 'firm' mixture. Add Tabasco, pepper and garlic and stir in well. Turn the mushrooms upside down and spoon the mixture into the caps. Spread it evenly with the spoon. Cover each mushroom mixture with a few slices of cheese.

Cook in the oven at 180°C for about 12 minutes. This works in my little benchtop oven. Basically what we're trying to do is warm/cook the mushrooms through but not past the point where they start to weep. You might need to experiment here with your own oven.

Once the mushrooms are cooked through, grill them for 4 or 5 minutes to brown the cheese. Serve with a glass of Australian red wine (white's OK too).