

Stuffed Marrows cooked in Broth

Servings: 4

Cooking time: 90 minutes

Ingredients:

8 good sized marrows
250g lean minced beef
250g lean minced pork
100g Prime streaky bacon
100g grated cheese
100g vermicelli pasta
One onion
One Carrot
One potato
One turnip
One lemon
Two cloves of garlic
Fresh celery & parsley



Method:

Peel onion, carrot, potato and turnip and dice into small cubes
Finely chop celery and add to vegetables in a large pot of cold water
Simmer for 45 minutes and season with salt and pepper
Trim the top of the marrows and hollow out the inside with a tablespoon
Remove the rind from the bacon and slice the rashers into thin strips
Add bacon to the minced meat, grated cheese, chopped garlic and parsley
Stuff the marrows with this mixture and drop marrows gently in broth
Cover pot and allow to simmer for a further 45 minutes
Add pasta and juice of lemon. Simmer for another 5 minutes
Serve immediately in glass bowls or deep soup plates

Serving suggestions:

If you prefer to have the broth as a starter, you may then serve the stuffed marrows as a main course with a small portion of mashed potatoes and minted green peas.

Tips & Hints:

For a healthier version of this recipe, you may substitute the minced beef and pork with minced chicken breast. You may also opt for a handful of cooked plain white rice instead of the pasta.