


French Cuisine


MADE SIMPLE

Tomato Farcies

(stuffed tomatoes)

Tomate farcies

 5 people

 15 mins prep time

 15 mins total time

 Easy

INGREDIENTS

- 5 large tomatoes (beefsteak, Cherokee, etc.)
- 3 cans (net weight 200g a can) of chunk tuna (or chicken if you prefer)
- 1 1/2 sliced purple shallot onion (or the equivalent in a white onion)
- Spices: 3/4 tsp salt, 1/4 tsp pepper, 1/4 tsp basil
- 5 mini pickles that crunch
- 3-4 large tablespoon dollops of mayonnaise



DIRECTIONS

1. The amount of tuna used will depend on the size of your tomatoes. You might have some leftover tuna salad to which you can make a yummy tuna sandwich with some lettuce in the following days.
2. Tomato prep: Take a serrated pointed knife and cut down from the stem into the tomato. Gently cut a circle around the top of the tomato but be sure not to cut into the sides of the tomato. (see photo)
3. Gently scoop out all the liquid and some extra tomato flesh from the inside. You want to make a nice hole to put in the tuna salad. Repeat steps 2 and 3 for all of the tomatoes.
4. Tuna salad prep: Drain well the tuna fish and using two forks pull the meat apart into small pieces.
5. Add the diced onions, spices, cut up small pickles, and dollops of mayo to the tuna.
6. Using two forks, gently mix the ingredients together.
7. With a spoon, scoop some tuna salad and put it in the tomato. Very gently push the tuna salad in the tomato so the salad slightly packs into the tomato. Fill the tomato with the tuna salad a little over the top of the tomato.
8. Serve the tomato farcies next to a small green salad, some bread and cheese, and wine.
9. Tomato farcies are best eaten the same day because cut tomatoes tend to get watery, but they are still fine to eat 1 -2 days after. Any left over tuna salad can be eaten up to 5-7 days after.

Bon Appétit!
Emilie Anne 



