










Beckett's Farm

STARTERS

Crab Stuffed Tomatoes



	Vine tomatoes (the recipe below will fill approx 10)	Method 1. Preheat the oven to fan 180C/conventional, 200C/Gas 6 and oil a shallow ovenproof dish or roasting tray. Neatly slice the top off each tomato and keep it, then scoop out the flesh with a teaspoon and reserve 4 tbsp of this. Season the tomato insides with salt and pepper. 2. To make the filling, scoop both the brown and white crabmeat into a bowl (you should get about 200g/7 oz). Melt the butter. Now set aside 1 tbsp each of the breadcrumbs and parmesan, and mix the rest into the crabmeat with the melted butter and all the remaining ingredients except the green tops of the spring onions. Season and stuff into each tomato. 3. Top each tomato with the reserved breadcrumbs and parmesan. Line them up on the dish or roasting tray and brush each with oil, then chuck over some salt and pepper and drizzle with a little oil. Bake for about 10 minutes or until the tomatoes are just cooked but not falling apart, popping the lids in halfway through as they need much less time. Before serving, scatter over the remaining onions and cap each tomato with its lid.
	1 medium sized dressed crab	
	Spring onions	
	85 g butter	
	6 tbsps breadcrumbs (ask at bakery if these are available)	
	5 tbsps grated parmesan	
	1 tbsp double cream	
	1 tbsp Beckett's Farm sun-dried tomato mustard	
	1 tbsp Worcestershire sauce and 1/4 tsp cayenne pepper	

Note : inclusion of the small Beckett logo indicates that the ingredient can be purchased in Becketts Farm Shop.



