

WOODEN SPOON RECIPES



MONET'S STUFFED TOMATOES



CLAUDE MONET HAD A DEEP APPRECIATION FOR GOOD FOOD AND TOOK PRIDE IN THE MEALS SERVED AT HIS HOME IN GIVERNY. HIS INTEREST IN CUISINE REFLECTED HIS OVERALL LOVE OF BEAUTY, NATURE, AND THE PLEASURES OF DAILY LIFE.

MONET APPROACHED COOKING AND EATING WITH THE SAME ATTENTION TO DETAIL AND LOVE FOR SENSORY EXPERIENCES THAT DEFINED HIS ART. WHETHER TENDING HIS GARDEN, PLANNING A MEAL, OR PAINTING HIS FAMOUS WATER LILIES, HE VALUED EVERYDAY BEAUTY AND COMFORT. FOOD, FOR MONET, WAS NOT ONLY NOURISHMENT BUT PART OF A JOYFUL, FULL LIFE—SHARED WITH FAMILY, FRIENDS, AND FELLOW ARTISTS AT HIS BELOVED

SERVES 6

CALORIES 330 KCAL

PROTEIN 21 G

TOTAL FAT 19 G

SATURATED FAT 6 G

CARBOHYDRATES 17 G

SUGARS 5 G

FIBERS 4 G

CHOLESTEROL 90 MG

SODIUM 375 MG

INGREDIENTS

6 LARGE, FIRM RIPE TOMATOES

300G (ABOUT 10 OZ) GROUND PORK OR A MIX OF PORK AND VEAL

1 SMALL ONION, FINELY CHOPPED

2 CLOVES GARLIC, MINCED

1 TABLESPOON CHOPPED FRESH PARSLEY

1 TEASPOON FRESH THYME LEAVES (OR ½ TSP DRIED THYME)

1 CUP FRESH BREADCRUMBS (FROM DAY-OLD BREAD)

1 EGG, BEATEN

2 TABLESPOONS MILK

SALT AND PEPPER, TO TASTE

OLIVE OIL OR BUTTER, FOR DRIZZLING



PREHEAT OVEN TO 350F OR 180C

CUT OFF THE TOPS (KEEP THEM AS “LIDS”) AND GENTLY SCOOP OUT THE PULP WITH A SPOON.

LIGHTLY SALT THE INSIDE OF EACH TOMATO AND TURN THEM UPSIDE DOWN ON A PLATE TO DRAIN WHILE YOU PREPARE THE FILLING. CHOP SOME OF THE TOMATO PULP AND SET IT ASIDE.

IN A SKILLET, SAUTÉ THE CHOPPED ONION IN A BIT OF OLIVE OIL UNTIL SOFT. ADD GARLIC AND COOK BRIEFLY UNTIL FRAGRANT.

IN A BOWL, COMBINE THE SAUTÉED ONIONS AND GARLIC, GROUND MEAT, PARSLEY, THYME, BREADCRUMBS, CHOPPED TOMATO PULP, EGG, AND MILK.

SEASON WITH SALT AND PEPPER. MIX WELL UNTIL EVERYTHING IS COMBINED INTO A MOIST STUFFING.

FILL EACH HOLLOWED-OUT TOMATO WITH THE STUFFING MIXTURE, PACKING IT IN GENTLY. PLACE THE TOPS BACK ON AS LIDS.

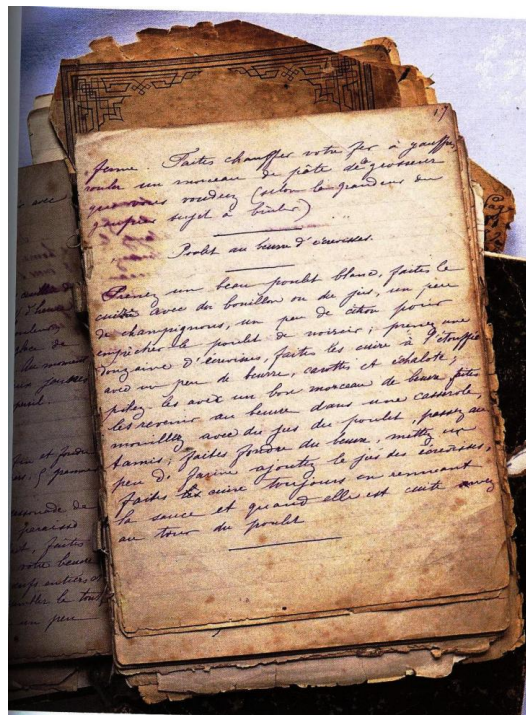
ARRANGE THEM IN A LIGHTLY GREASED BAKING DISH.

DRIZZLE A LITTLE OLIVE OIL OR PLACE A SMALL DAB OF BUTTER ON TOP OF EACH TOMATO.

BAKE IN A PREHEATED OVEN AT 180°C (350°F) FOR ABOUT 35–40 MINUTES, OR UNTIL THE FILLING IS COOKED THROUGH AND THE TOMATOES ARE TENDER.

LET COOL SLIGHTLY BEFORE SERVING. THESE PAIR BEAUTIFULLY WITH RICE, A LIGHT GREEN SALAD, OR CRUSTY FRENCH BREAD.

“I WANT TO PUT IN AN ORDER FOR TWO BOTTLES OF CHAMPAGNE AND SOME MOREL MUSHROOMS ~ THAT’S WHAT I FANCY FOR SOME REASON...”~ CLAUDE MONET ~ TO HIS WIFE, IN A LETTER FROM ITALY



MONET’S RECIPE JOURNAL.