

Doesn?t quite work as stuffing balls as the mix was a bit wet. But this recipe really moves humble stuff to another level. Originally the ?Stuffing? was any odd wet mix of Oats and Herbs shoved in the cavity of a larger bird to flavour the meat and prevent it from drying out whilst cooking. It was not generally intended to be eaten.

We?ve moved on from Medieval cooking practices thankfully.

Ingredients:-

2 Tbsp of Olive based Margarine
1 Tbsp of Oil
5 Mushrooms, diced
1 Onion, diced
1 Tsp of Dried Sage
1 Tsp of Dried Thyme
Zest of a Lemon
1 Egg Beaten
100ml of Chicken Stock
50g of Breadcrumbs (Gluten free for us)
50g of Ground Almonds

Method:-

(1) Melt the Margarine and Oil in a frying pan.
(2) Add the Onions and soften.

(3) Add the Mushrooms and season with Salt & Pepper.
(4) Add the Sage, Thyme and Lemon Zest
(5) Add the Stock
(6) Allow to simmer until the liquid reduces.
(7) Remove from the heat at place in a bowl, allowing to cool.
(8) Add the Egg, Breadcrumbs and Almonds.
(9) Mix well and form into balls.
(10) cook in the oven on a lined tray at 180c for 30 minutes.

These had a strangely pleasing meaty mouth feel. If served as a tray bake they would probably be very interesting as a Vegan alternative for a ?Meatless Loaf?.