

Tuna Cakes & Braised Carrots with Herbs



Recipe developed by Chef Spencer Musselman

Ingredients

Directions

Tuna Cakes:

- 3 cans of tuna
- 1/2 medium onion, chopped fine
- 1/2 red bell pepper, chopped (optional)
- 1/2 cup bread crumbs, seasoned or 1/2 cup crackers such as saltines
- 1/4 cup parsley, chopped (optional)
- 1 teaspoon mustard (I like Dijon)
- 2 eggs, beaten
- 4 tablespoons veg oil
- salt & pepper to taste

Tuna Cakes:

1. Saute onions and peppers in 1 tablespoon oil until cooked through but not brown for about 5 minutes.
2. Meanwhile, drain liquid from the tuna
3. Combine tuna, sauteed onion, bread crumbs, eggs, mustard, salt, and pepper. Form mixture into patties.
4. Put 3 tablespoons oil in a pan.
5. Brown tuna cakes on both sides (about 4-5 minutes per side).
6. Place cooked patties on a paper towel to absorb excess oil.

Braised Carrots with Herbs:

- 1 1/2 pounds carrots cut in decent size pieces
- 1 tablespoons olive oil
- 1 teaspoon sugar or maple syrup (optional)
- 1 teaspoon coarse salt
- 1 tablespoon chopped herbs (parsley, thyme, tarragon, basil, etc)

Braised Carrots with Herbs:

1. Place baby carrots in 1/2-inch of water with salt.
2. Bring water to a boil, cover pan, and reduce heat to simmer.
3. Cook carrots for 7 minutes.
4. Remove the lid, add oil, sugar and raise the heat to medium high.
5. Reduce water until it almost evaporates, a couple of minutes.
6. Turn carrots in sauce, add chopped herbs and taste to adjust seasonings and serve.