

# Tuna cake, gruyère cheese and green onion whistles, sour cream - Virtual Workshop

## Version

**Recipe for 22**

### Description

A simple but so efficient recipe. As a nice starter or delicate tapas, this will be a total hit.

### Note

Ideally, use a 17x8 cm mould, this should fit nicely.

### Ingredients

#### Tuna cake

- 1.50 Unit(s) Egg
- 90 Gr Wheat flour
- 0.50 Tsp Baking powder
- 25 Ml Canola oil
- 90 Ml Milk
- 125 Gr Flaked light tuna
- 45 Gr Swiss cheese
- 1 Unit(s) French shallot
- 1 Unit(s) Green onion
- 6 Unit(s) Cherry tomatoes

#### Sour cream

- 75 Gr Sour cream
- 1 Unit(s) Lemon

### Preparation

- Preparation time **45.00 mins**
- Preheat your **Oven** at **380.00 F°**

#### To prepare before class

Make sure all your ingredients are weighed.

Drain the Tuna.

Make sure your cheese is grated.

You will need a cutting board, 1 chef knife, 1 pairing knife, 1 big bowl, 1 rubber spatula, 1 baking sheet, 1 cake mould, 1 parchment paper.

#### Prep

Chisel the green onion (sifflet).

Finely slice the shallots.

Quarter lengthwise the cherry tomatoes.

At the bottom of the oven, place a dish half full of water, to create a humid environment for the

baking.

### Tuna cake

Beat the eggs, once homogenous, add the milk and oil and mix again.

Add the flour and baking powder, gently mix again until homogenous.

Flake the tuna into the mix, add the green onions, shallots and cherry tomatoes, mix.

Butter a cake mould, pour in the mix up to 3/4 of the mould, leave to rest for 5 to 8 minutes and then place in the oven for about 45 minutes.

### Sour cream

Mix the sour cream and the lemon juice, add the pepper, the salt and the zests.

### Plating

#### **Plate size**

On each plate, make a wave of sour cream with a table spoon.

#### **Tapas**

By quartering each slice, you can make nice tapas putting the sour cream.

**Bon appétit!**