



## Minute Tapioca Tomato Salad

Simmer for 10 minutes  $\frac{1}{2}$  can tomatoes, spray parsley, 3 cloves, 6 peppercorns and tablespoon chopped onion; rub through fine sieve, bring to a boil and add remaining tablespoons Minute Tapioca Substitute; cook 15 minutes, remove to back of stove, season with salt and paprika, and add tablespoon tarragon vinegar; pour into wet mould. Turn out, when set, onto crisp lettuce leaves and serve with flaked lobster or crab meat mixed with French dressing. Garnish with capers.