

Zucchini Salad

Ingredients:

- 3 kg/6.6 pd zucchinis
- 4 peppers (green, yellow and red)
- 3 medium-sized onions
- 3 tbsp salt
- 600 ml/21 fl. oz. herb vinegar
- 600 ml/21 fl. oz. water
- 150 g/5.3 fl.oz. sugar
- 3 tsp curry powder
- ½ tsp pepper



How It Works

- Grate the zucchinis, peppers and onions and mix the mixture with the salt.
- Leave to stand overnight, covered with a cloth.
- Now mix together the herb vinegar, water, sugar and spices.
- Bring the mixture to the boil and then add the grated zucchini, bell pepper and onion.
- The stock should then steep for about 3 minutes. Then it is ready to be filled into sterilized screw-top jars.

Marble Cake With Zucchini



Ingredients:

- 4 small zucchinis
- 1 sachet baking powder
- 500 g/17.6 fl. oz. flour
- 5 tbsp baking cocoa
- 5 eggs
- 2 sachets vanilla sugar
- a little cinnamon

How It Works

- Finely grate the zucchini.
- Mix the sugar and baking powder together.
- Mix all the ingredients - except the cocoa - to form a smooth batter.
- Pour half of the batter into a baking tin in the shape of a cross.
- Mix the remaining dough with the cocoa powder.
- Pour the cocoa dough into the empty spaces in the cross.
- Bake in a preheated oven at 180 °C/356 °F fan oven for about 1 hour.

Cake With Lime and Zucchini

Ingredients:

- 150 g/5.28 fl. oz. soft butter
- 200 g/7.04 fl. oz. sugar
- a pinch of salt
- 3 eggs
- 300 g/10.56 fl. oz. zucchini
- 1 lime
- 200 g/7 fl. oz. flour
- 120 g/4.3 fl. oz. ground almonds
- 1 teaspoon baking powder



How It Works

- Preheat the oven to 180 °C/356 °F top/bottom heat.
- Place the butter, sugar and salt in a mixing bowl and mix well.
- Stir in the eggs one at a time until the mixture becomes lighter in color and frothy.
- Now coarsely grate the zucchini and stir in together with the lime zest and lime juice.
- Mix the flour, ground almonds and baking powder.
- Carefully fold the mixture into the batter until it forms a homogeneous mass.
- Pour the batter into an approx. 30 cm/11.8 in baking tin and bake for approx. 55 minutes.
- Leave the cake to cool and then apply the cake icing.
- Decorate the cake with lime (zest) and you're done!

Zucchini Quiche With Goat's Cheese



Ingredients:

Basic quiche recipe Dough:

- 200 g/7 fl. oz. flour (+ for working)
- 100 g/3.5 fl. oz. butter (+ for mold)
- 1 egg
- 1/2 tsp salt
- 1 pinch baking powder

Topping:

- 1 zucchini
- 4 stalks thyme, salt, pepper
- 150 g/5.3 fl. oz. goat's cheese roll
- 1 egg
- 150 g/5.3 fl. oz. sour cream
- 40 g/1.4 fl. oz. mountain cheese
- 1/2 tsp lemon zest
- 1 tbsp olive oil
- 2 tbsp pumpkin seeds

How It Works

- Knead all the ingredients for the dough until smooth and add a little cold water if necessary.
- Shape into a ball, wrap in cling film and chill for approx. 30 mins.
- Grease the quiche tin with butter and line with the dough.
- Rinse the zucchinis and thyme.
- Grate the zucchinis. Mix with salt and leave to stand in a sieve for approx. 10 mins.
- Remove the thyme leaves.
- Preheat the oven to 180 °C/356 °F top and bottom heat.
- Cut the goat's cheese into slices.
- Whisk the egg with the sour cream and mountain cheese.
- Mix in the zucchini, thyme and lemon zest and season with salt and pepper.
- Spread the mixture over the pastry base and top with slices of cheese.
- Brush with olive oil and sprinkle with pumpkin seeds.
- Bake for approx. 30 mins. on the middle shelf until golden brown.