

Courgette Recipes

Prior to our week in Pembrokeshire, I picked every last tiny courgette...one week later I have 5 "Super-courgettes" to get rid of. Here are 2 of my solutions.

Basic Glut Soup (quantities given serve about 6)

- Some oil
- A big **onion** or 2 small ones
- About 1.5kg **marrows** or "Super-courgettes" (Mine weighed 600g each and I used 2 and a half)
- An amount of **lettuce** (one or 2 heads or equivalent if picking leaves), starting to bolt is fine. Other salad leaves could also be used for a different flavour – rocket, nasturtium, mizuna...
- **Stock** or water and stock cube/powder (I used a good teaspoon of marigold organic bouillon)

1. Sweat chopped onion, slowly (15/20 mins)
2. Chop courgette into small chunks. If it's a proper marrow, it might need peeling and deseeding. Add to onion and continue to cook slowly until flesh is soft.
3. Add some stock, but aim for thick (It's always easier to add than take away!) Bring to boil.
4. Add the lettuce and turn off the heat.
5. When it's cooled a little, blend it and add more stock if needed.



This basic soup is perfectly nice but you can add all sorts of flavourings: herbs, pesto, curry spices/paste. I tend to put portions of the plain soup in the fridge or freezer and flavour it when I reheat.

Marrow Bread!

This might sound weird but I tried using grated "super-courgette" instead of most of the water in my bread and it worked!

- 400g flour (I used about 300 wholemeal and 100 white)
- 300g grated courgette (marrows might need peeling)
- 1tsp Stuart's honey
- 1tsp salt
- 1 glug sunflower oil
- 1 tsp quick action yeast
- A bit of water



I used a bread machine to make the dough. I didn't put any water in until it had started mixing. Then I added a little bit at a time, until it looked about right. I reckon I added about 40ml. Shaped the dough and proved in the normal way. Baked at 220°C for about 18 mins.