

Zucchini

Zucchini Puffed Cheese

- ½ cup Swiss cheese or cheddar
- 2 Tbs. grated Parmesan cheese
- ½ cup bread crumbs
- 2 Tbs. margarine, melted
- 1 cup all-purpose flour
- ½ tsp. salt
- ¼ tsp. double-acting baking powder
- 1 1/3 cups margarine, melted
- 4 Tbs. milk

Filling

- 3 cups zucchini, sliced
- ½ cup boiling water
- 2 tsp. salt
- 2 large eggs, separated
- 1 ½ cups sour cream
- 2 Tbs. all-purpose flour
- 2 Tbs. chives
- 1/8 tsp. black pepper
- ¼ tsp. cream of tartar

Combine cheeses; reserve ¼ cup. Combine remaining cheeses with breadcrumbs and 2 Tbs. melted margarine. Set aside.

Combine flour, salt and baking powder in mixing bowl. Cut in 1/3 cup margarine and reserved ¼ cup cheeses until mixture is size of small peas. Sprinkle milk over flour mixture, stirring with fork until dough is moist enough to hold together.

Form into a ball then flatten to ½ inch thickness. Smooth the edges with your hands. Roll out on floured surface to a circle 1 ½ inches larger than an inverted 9-inch pie plate. Fit into pan, fold edges under then flute. Chill while preparing filling.

Filling

Cook zucchini in water and 1 tsp. salt in covered saucepan for 5 minutes or until tender. Drain well. Beat egg yolks slightly: add sour cream, 1 tsp. salt, flour, chives and pepper.

In large mixing bowl, beat egg whites with cream of tartar until stiff but not dry. Fold into sour cream mixture. Place half of zucchini in pastry lined pan. Cover with half of sour cream mixture. Top with remaining zucchini then with remaining sour cream mixture. Sprinkle with cheese breadcrumb mixture. Bake in preheated 400° oven for 10 minutes. Lower heat to 325 and bake 40-50 minutes longer until knife inserted halfway between center and edge comes out clean. Serves 6

Baked Stuffed Zucchini

- 4 zucchini, ½ lb. each
- 2 Tbs. margarine
- 2 scallions, chopped
- ½ lb. Mushrooms, chopped
- ½ cup walnuts, chopped
- 1 cup soft bread crumbs
- 4 eggs
- 2 Tbs. fresh parsley, minced
- 1 Tbs. fresh basil, chopped
- ½ cup grated Parmesan cheese
- salt and pepper to taste

Scrub zucchini and cut in half lengthwise. Scoop out and reserve pulp, leaving shells ¼ inch thick. Drop shells into boiling water and boil for 5 minutes. Chop pulp and sauté in margarine. Add scallion (or green onions) and mushrooms; sauté 3 minutes longer. Add nuts and remove from heat. Beat eggs with parsley, basil, salt and pepper to taste. Add egg mixture and fresh breadcrumbs to pulp mixture. Spoon into zucchini shells, which have been drained. Top with grated cheese. Use your choice of cheese; Parmesan is only one suggestion. Place into a greased baking dish. Add ½ inch of water and bake, uncovered, in preheated 350° degrees oven for about 30 minutes. Let stand 5 minutes, then serve. Serves 4

Zucchini Relish

Wash and grind and measure into 8 quart bowl:

- 10 cups zucchini
- 4 cups onions
- 2 green peppers
- 1-2 red peppers

Stir in 5 tablespoons salt. Let stand overnight.
Drain; rinse in cold water and drain thoroughly.

Brine:

- 2 ½ cups cider vinegar
- 4 cups sugar
- 1 teaspoon each nutmeg, dry mustard, turmeric
- 2 teaspoon celery seed
- 1 ½ teaspoon black pepper

Mix together in a sauce pan. Bring to boil, add ground vegetables, reduce heat and simmer for 30 minutes.

Pack hot relish into hot jars, leaving ¼ inch headspace. Adjust two piece caps. Process 10 minutes in a boiling water canner.

Fried Cheese-Stuffed Zucchini Blossoms

- 1 cup all-purpose flour
- 1 cup sparkling water
- ¾ teaspoon kosher salt, plus extra for seasoning
- 1/3 cup (2 ounces) goat cheese, at room temperature
- 2 tablespoons (1 ounce) cream cheese, at room temp.
- 2 teaspoons heavy cream
- 1 tablespoon chopped basil leaves
- 1 green onion, finely chopped
- 8 zucchini blossoms
- Freshly ground pepper
- Vegetable oil, for frying

Serving Suggestion: serve with your favorite marinara Sauce or vinaigrette.

Directions: In a medium bowl, whisk together the flour, water and salt until smooth. Set aside.

In a small bowl combine the goat cheese, cream cheese, heavy cream, basil, and green onion. Mix until smooth. Season with salt and pepper, to taste. Spoon 1 ½ to 2 teaspoons filling into each blossom. Close the blossoms and gently twist the petals to seal.

In a large heavy-bottomed saucepan, pour enough oil to fill the pan about a third of the way. Heat

over medium heat until a deep-frying thermometer inserted in the oil reaches 350 degrees F. (If you don't have a thermometer a cube of bread will brown in about 1 minute) Dip the stuffed zucchini blossoms in the batter and allow any excess batter to drip off. Fry for 1 to 2 minutes, turning occasionally, until golden brown. Allow the cooked blossoms to drain on paper towels.

Zucchini, Flowers & Ricotta with Penne

- 1 pound Penne (1 box)
- 1 Zucchini (about ½ pound)
- 1 Shallot
- 2 tablespoons extra-virgin olive oil, plus one tablespoon
- Marjoram, finely chopped
- 1 bunch zucchini flowers, cleaned (omit if not available)
- Salt and freshly ground pepper
- 8 ounces ricotta

Boil water to cook pasta. Meanwhile, wash zucchini and slice it into very thin discs. Peel and slice the shallot. In a skillet over medium-high heat add the olive oil and the shallot; sauté until soft. Add zucchini and marjoram, and sauté for about 7 minutes. Add the flowers (if using) and season with salt and pepper to taste. Remove from heat and keep warm.

Add pasta and salt to boiling water.

In a small bowl, combine ricotta with a tablespoon of oil, a pinch of salt and freshly ground pepper.

Drain the pasta and sauté briefly in the skillet with zucchini sauce, allowing flavors to mingle. Transfer pasta to serving platter.

Place ricotta mixture in a potato ricer and squeeze it over the pasta. Using the potato ricer makes it easier to mix the cheese into the pasta and decorates the dish in an original way.

Stuffed Zucchini Blossoms

- 1/2 - Cup flour
- 2 - Eggs, separated
- 1/4 - Cup milk
- 1 - Clove garlic, minced

Cubes of cheese, such as Stilton or Fontina
1-2 - teaspoons freshly snipped parsley
Salt and pepper, to taste
Vegetable oil for frying
Fresh zucchini blossoms

Combine flour, egg yolks, milk, and garlic until smooth. Whisk the egg whites until stiff and fold gently into the flour mixture until well combined. Clean the flowers carefully with a damp cloth, gently separating the petals to make sure the flowers are clean inside. Place a cube of cheese along with some parsley, salt and pepper in each. Twist to seal. Heat the oil in a deep pan to 350 degrees. Dip each flower into the batter, making sure all sides are coated. Fry the stuffed flowers in batches about 1 minute, until crisp and golden on all sides. Remove from the oil and drain on towels. Serve right away.

Zucchini Blossom Quesadilla

5 tablespoons unsalted butter
½ cup finely diced red onion
2 jalapeno chilies, stemmed, seeded and finely diced
1 pound zucchini blossoms, roughly chopped
1 teaspoon salt
½ teaspoon freshly ground black pepper
½ cups grated Monterey Jack cheese
1 cup grated Panela cheese
1 ½ cups Anejo, Parmesan or Romano cheese
6 flour Tortillas, or large Corn Tortillas

Directions: In a medium skillet over medium heat melt 3 tablespoons of butter. Cook the onions and jalapenos until soft, about 5 minutes. Stir in the zucchini blossoms, salt and pepper. Reduce the heat to low and cook, stirring frequently, until the flowers are wilted, about 5 minutes more. Set aside. Preheat oven to 350 degrees. In a bowl, combine 3 cheeses. Lay the tortillas out on a counter. Divide the cheese mixture into 6 portions and sprinkle one portion over half of each tortilla. Divide the blossom mixture into 6 portions and arrange evenly over the cheese. Fold over each tortilla to enclose the filling. Melt the two remaining tablespoons of butter. Place a dry griddle or cast iron skillet over medium high heat. Brush one side of a quesadilla with melted butter and place buttered side down in the pan. Cook until very light golden, about 1 minute. Brush the uncoated side with butter and flip over. Cook until the other side is golden, and transfer to a baking sheet. When all the quesadillas are browned, transfer the baking sheet to the oven and bake ten minutes, until the cheese begins to ooze. Serve hot, whole or cut into wedges.