

JUST WHEN YOU THOUGHT THERE COULD NOT POSSIBLY BE ANOTHER RECIPE USING COURGETTES ALONG COME ANOTHER TWO!

COURGETTE AND RICE FILO PIE - serves 4.

500g of courgettes, coarsely grated
75g long grain rice
½ medium red onion, finely chopped
75g hard goat's cheese or Cheddar, grated
2 medium eggs, beaten
2 tbsp of olive oil
Handful of chopped herbs i.e., mint, basil, marjoram
Handful of chopped parsley
250g of filo pastry
75g of melted butter
Salt and black pepper.

Mix the courgettes, rice, onion, cheese, beaten eggs, olive oil and chopped herbs in a large bowl and season well. (Don't worry about the amount of liquid as the rice will absorb this). Brush one filo sheet with the melted butter and use to line an 8" sandwich tin or similar ovenproof dish, butter side down. Let the excess pastry hang over at the sides. Repeat until all but one sheet remains. Pour in the filling and fold over the pastry ends to enclose the filling. Take the remaining sheet of pastry, crumple it slightly and place on top of the pie – dab more butter on top. Bake at 170° fan for about 45 minutes or until golden and crisp on top. The pie tastes better if left to stand for 30 minutes or so before serving. Serve warm or cold.



ITALIAN COURGETTE SOUP – Serves 4

2 tbsp of olive oil
1 tbsp of chopped garlic (about 3 cloves)
2 tbsp of chopped basil
1 large onion, finely chopped
1 kg of courgettes, cut into quarters, then into ½” slices
750ml of chicken or vegetable stock
60ml of single cream
1 tbsp of chopped parsley
50g of grated Parmesan, Pecorino or Cheddar cheese
Salt and black pepper to season

Heat the oil in a large pan and add the garlic, onion, courgette and basil and gently cook for about 10 minutes or until softened. Add the stock and a sprinkling of pepper and simmer for about 8 minutes or until the vegetables are tender. Blend about ¾ of the soup until smooth, add the cream, cheese and the rest of the vegetables and gently heat. Season to taste. If preferred blend all the vegetables for a fully smooth soup.



I HOPE YOU ENJOY THESE DISHES – MARGARET TABRAH