



**Pronounce it:
corr-zjet**

The courgette is a variety of cucurbit, which means it's from the same family as cucumber, squash and melon. It is the most popular vegetable of the squash family, being extremely versatile, tender and easy to cook. Just don't boil them! They have a deep green skin with firm pale flesh and are also known as zucchini.

Availability

Courgettes are at their best from June until September.

Choose the best

Choose small courgettes that are firm to touch with a glossy, unblemished skin. Avoid soft, squishy courgettes.

Prepare it

Courgettes do not need peeling. Slice off each end and prepare as recipe directs. It's best not to boil, as they will become mushy and lose their flavour. Instead lightly sauté in butter or oil and a small amount of water.

Store it

Refrigerate in a vegetable storage bag in the crisper compartment and eat within two to three days.

Cook it

Try courgettes sliced thinly and eaten raw, cooked on a griddle, in a stir fry, or fried in a light batter as chips.

Can't find it?

Try squash or marrow



Courgette griddle cakes

If there's courgette phobia in your household, try these fresh, funky griddle cakes to help change some minds. Recipe by Antony Worrall Thompson.

Easy **MAKES 18, enough for 4 adults and 4 kids • PREP AND COOKING TIMES READY IN 35-40 MINUTES, PLUS DRAINING TIME**

Ingredients:

- 375g courgettes, coarsely grated**
- 1/2 tsp curry powder**
- 1 fresh red chilli, seeded and finely chopped**
- 1 garlic clove, finely chopped**
- 2 spring onions, finely chopped**
- 1/2 tsp fresh thyme leaves**
- 1 egg, lightly beaten**
- 75ml milk**
- 140g plain flour**
- 1 1/2 tsp baking powder**

FOR THE TOPPING:

- 4 tbsp of your favourite chutney or spicy tomato dip**
- 125g pack mozzarella, cut into small cubes**

Method:

- 1 Tip the courgettes into a colander, sprinkle with salt and toss well. Leave for 20 minutes then rinse and squeeze them between your hands to extract any water then blot on kitchen paper to dry.
- 2 Mix the courgettes with the curry powder, chilli, garlic, spring onions, thyme leaves, salt and plenty of pepper. Stir in the egg and milk, sift in the flour and baking powder, then stir again to combine.
- 3 Lightly oil a non-stick frying pan and fry heaped teaspoonfuls of the batter for three minutes on each side. Keep warm while you use up the remaining batter - you should get 18 cakes altogether. Note: these can be made a day ahead up to this stage then chilled.
- 4 To serve, heat the oven to 200C/fan 180C/gas 6. Arrange the cakes on a baking sheet and dot with a little tomato chutney and then a cube of mozzarella. Bake in the oven for eight to ten minutes until hot and melted then pile onto a platter.

PER CAKE 120 calories, protein 6g, carbohydrate 12g, fat 6g, saturated fat 2g, fibre 1g, salt 0.38 g