



Allotment Gardening In North Essex -- At Home In The Kitchen

Courgettes Provencale

Ingredients: 32 portions

4.5k 10lb Courgettes
2k 4.5lb Tomatoes
2k 4.5lb Onions
6 cloves of garlic
4 tbspn Mixed herbs (fresh) or 4 tspn (dried)
3tbsn olive oil
salt and pepper to taste

Note:

This is the method I use for freezing my Courgettes. As they freeze much better if already cooked.

Method:

1. Shred onions and dice courgettes.
2. Blanch, refresh, skin and dice tomatoes
3. Chop mixed herbs
4. Add oil to saucepan and heat add the onions and fry without colour for about 3 min.
5. Add the courgettes and again fry about 3 min.
6. Add the seasonings and mix well
7. Add the tomatoes mix well
8. Bring to the boil
9. Cover with tin foil or a lid
10. Cook in a medium to hot oven 180c gas mark 7 for approx 1 hour or until cooked. or simmer on top of the stove for about 30min.
11. Allow to cool as quickly as possible
12. When cold portion as required and freeze.