

# Recipes and Tips



## COURGETTE SCARPACCIA

Scarpaccia (bad shoe in Italian) is a courgette tart from Tuscany

- 60 ml olive oil
- 2 medium zucchini, thinly sliced (a mandolin if you dare)
- 1 onion thinly sliced
- 63 gr flour
- 150 cup fine cornmeal
- 1 tablespoon dried oregano
- 135 gr grated Parmesan cheese
- 2 eggs
- 60 ml juice from courgette slices

Preheat oven to 190°C

Line a 13×9-inch baking dish with parchment paper.

Place the courgette slices to a bowl. Sprinkle two tablespoons of salt over the courgettes. Toss to combine and let sit for at least 15 minutes (the longer, the better). After 15 or so minutes, squeeze the courgettes over the bowl to catch the juice. Reserve 60 ml of the juice as you'll need it for the batter.

Lay the courgette slices on a paper towel. Place another paper towel on top of the slices. This will aid in soaking up any remaining moisture.

Mix the flour, cornmeal, Parmesan, and oregano in a large bowl. Add the eggs, 60 ml olive oil and 60 ml courgette juice. Mix well then fold in the courgettes and onion slices.

Spread dough evenly over the base of the baking dish. Bake on top rack in the oven for 35 to 40 minutes or until golden and crisp. Remove from oven and allow to cool slightly before cutting.