

Courgette

A courgette is the British term for zucchini, a versatile summer squash with mild flavour and high nutritional value.

Can be enjoyed in a wide variety of dishes, both savoury and sweet.

Store:

- Last up to 2 weeks in the fridge, but taste is best when used as quickly as possible
- Stored best in the salad draw in a paper bag

Freeze:

- As it has a very high water content, to avoid them going mushy after thawing, be sure to cut into smaller pieces, remove excess water and lay out on a tray spaced out.
- Freeze until firm, then transfer to freezer bags
- Blanching before freezing will prolong its life for up to 12 months
- That said, if to be used within a few months, there is no need for this extra step
- There is no need to defrost, it can be thrown straight in
- If rendered overly mushy, it is possible to pan-fry with some olive oil or butter until piping hot
- Cooked or Roasted, the courgettes can still be blanched for the best results



Video Links