

75

Recipe number seventy-five

A wonderful summer and autumn recipe! In winter you can also try it with raw, grated beetroot or carrots. Or with barely cooked cauliflower (then replace the mint with parsley) or ...

Zucchini con menta – jogurt – limone sotto sale Courgettes with mint, yoghurt and salted lemon

Ingredients for 4 people

- 600 g** small courgettes, wash, halve lengthwise and cut across into three. They should be small pieces, not slices.
- 3 tbsp olive oil** Fry them in it until just tender.
garlic
- mint** Take the courgettes out of the pan, marinate them with plenty of chopped mint, a little fresh
olive oil
lemon juice olive oil and a little lemon juice. Do not put them in the fridge.
- 8 tbsp yoghurt** Salt and pepper it in a small bowl.
- ½ lemon from the salt jar,** Put the flesh back into the jar
recipe no. 71 and use it for the coniglio, recipe 72!
Cut the peel lengthwise into strips and then crosswise into fine slices.

To serve:

Put a circle of yoghurt on the plate, check the seasoning of the courgettes again and heap them in the middle of the plate, spread the salted lemon over the yoghurt and drizzle it all with fresh olive oil and garnish with mint leaves.

Podere Riparbella
Agriturismo ecologico
Agricoltura biologica
58024 Massa Marittima, Italia
T +39 0566 91 55 57
www.riparbella.com



VERONICA'S TIP

We made a new attempt with salted lemons: cut the lemons lengthwise into quarters, press the salt and sugar mixture onto them and layer the wedges into the jar like that ... It works, and then the tiresome search for the right jar is no longer needed.