

These courgettes with my fantasy sauce are wonderfully good and practical. They will help you cope with the glut from your vegetable garden. Serve them as a side dish with grilled food or with other antipasti – as in our photo, with mussels. For vegetarians they make a fine main course. What I like best is the sauce. You can vary it endlessly, spread leftovers on crostini, use it as the base for a pasta sauce, and so on and so on – the sauce is not called «fantasia» for nothing.

Zucchini al forno con un trito di fantasia

Courgette starter

Ingredients for 4 people

700 – 800 g courgettes first cut into pieces about 8 – 10 cm long. Then cut the pieces into slices, three or four depending on thickness, each slice a good 1 cm thick. It sounds more complicated than it is and goes very quickly. Line a baking tray with paper, brush it with olive oil and salt the whole surface lightly. Spread the courgette slices on it, salt the tops lightly and brush them with oil.

Oven preheat to 200 degrees.
Bake the courgettes for about 15 minutes. They should be done and the undersides not too dark. There is no need to turn them.

To serve overlapping slightly on plates.

Sauce We call my fantasy sauce trito, which means something chopped. Mix the following ingredients for it:

2 dl olive oil,
a hint of garlic very finely chopped or pressed
2 tbsp parsley chopped
1 medium tomato deseeded and diced
1 tbsp capers chopped
1 mozzarella diced

Finally season with salt, pepper and peperoncino.

Podere Riparbella

Agriturismo ecologico

Agricoltura biologica

58024 Massa Marittima, Italia

T +39 0566 91 55 57

www.riparbella.com



VERONICA'S TIP:

The courgettes and the sauce can be prepared in advance. The courgettes taste better eaten on the same day, that is, when they have not been in the fridge. We often replace the mozzarella with feta, which looks even prettier. Don't put it into the mixture, though: crumble it over at the end.