

September 2014: Zucchini Delights!

Rava Dosas (Indian Crepes)

with Summer Squash & Tomato Chickpea Masala

Summer Squash & Tomato Chickpea Masala

- 1/3 cup unsweetened coconut
- 1 tablespoon coconut oil or clarified butter
- 1 small onion, chopped
- 3 cloves garlic, minced or grated
- 1 tablespoon fresh ginger, grated
- 1 serrano pepper, chopped
- 2 small-medium zucchini, chopped
- 2 small-medium summer squash, chopped
- 1 tablespoon spicy curry powder
- 1 teaspoon garam masala
- Pinch of salt and pepper
- 2 cups cooked chickpeas (rinsed and drained if using canned)
- 1 1/2 cups cherry tomatoes
- 1/3 cup canned coconut milk
- 1/2 cup fresh cilantro, chopped

Rava Dosas

- 1/2 cup semolina flour
- 1/2 cup rice flour
- 1/2 cup white flour
- 1 serrano pepper, finely minced
- 1 green onion, finely chopped
- 1/2 teaspoon cumin seeds
- Salt and pepper, to taste
- 2 cups water
- Butter, for serving + greasing

Toast the coconut in a 12-inch heavy skillet over medium heat, stirring occasionally, until golden, about 3 minutes. Transfer to a small bowl and wipe out skillet. Place the skillet back over medium heat and add the oil. Once hot add the onion, garlic, ginger and serrano pepper, cook for 3-5 minutes or until the onions have softened. Add the zucchini, summer squash, spicy curry powder, garam masala and a good pinch of salt and pepper. Continue to cook the mixture another five minutes or until the vegetables and spices are fragrant. Now add the chickpeas, tomatoes and 1 cup water. Bring the mixture to a boil, reduce the heat and simmer for 10-15 minutes or until the sauce has thickened.

Meanwhile make the rava dosai (plural of dosa). In a four cup glass measuring cup or bowl combine the semolina flour, rice flour, white flour, serrano pepper, green onion, cumin seeds, salt and pepper.

Add 2 cups water and whisk until combined. The batter should be thin, add more water if it seems too thick. Generously brush a 10-12-inch nonstick skillet with oil or butter and heat over medium-high heat until it shimmers. Stir the batter well and pour in a circular motion starting from the outside and going in, filling in the gaps as you continue to pour in a circle motion (don't worry if there are few tiny holes throughout the dosa). While cooking, drizzle butter or coconut oil onto the dosa. Cook, undisturbed, until dosa is set and edges are golden, about 2 minutes. Flip using a spatula (just like a pancake) and cook dosa until underside is golden in spots, about 1 minute more. Transfer to a plate. Repeat with the remaining batter, stacking and covering loosely with foil to keep warm.

Once the masala has thickened stir in the coconut milk and cook until combined. Remove from heat and stir in the cilantro and toasted coconut. To serve, spoon masala filling onto one half of the dosa. Pull the other half over top. Sprinkle with chopped cilantro. EAT!

Makes 4 Servings

Double Chocolate Zucchini Bread

- 2 large eggs
- 1/3 cup honey
- 1/2 cup vegetable oil
- 1/2 cup brown sugar
- 1 teaspoon vanilla extract
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon espresso powder, optional
- 1/3 cup All-Purpose Baking Cocoa or Dutch-process cocoa
- 1 2/3 cups Unbleached All-Purpose Flour
- 2 cups shredded, unpeeled zucchini, gently pressed
- 1 cup chocolate chips

Preheat the oven to 350°; lightly grease an 8 1/2" x 4 1/2" loaf pan.

In a large mixing bowl, beat the eggs, honey, oil, sugar, and vanilla until smooth. Add the salt, baking soda, baking powder, espresso powder, cocoa, and flour, mixing until well combined. Stir in the zucchini and chocolate chips. Pour the batter into the prepared pan.

Bake the bread for 65 to 75 minutes, until the loaf tests done (a toothpick or cake tester inserted into the center will come out clean, save for perhaps a light smear of chocolate from the melted chips). Remove the bread from the oven, and let it cool for 10 to 15 minutes before turning it out of the pan onto a rack. Cool completely before slicing; store well-wrapped, at room temperature.

Yield: one 8 1/2" x 4 1/2" loaf



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Zucchini Fritters

Yield: About 10 2 1/2 inch fritters

- 1 pound (about 2 medium) zucchini
- 1 teaspoon coarse or kosher salt, plus extra to taste
- 2 scallions, split lengthwise and sliced thin
- 1 large egg, lightly beaten
- Freshly ground black pepper
- 1/2 cup all-purpose flour
- 1/2 teaspoon baking powder
- Olive or another oil of your choice, for frying

To serve (optional)

- 1 cup sour cream or plain, full-fat yogurt
- 1 to 2 tablespoon lemon juice
- 1/4 teaspoon lemon zest
- Pinches of salt
- 1 small minced or crushed clove of garlic

Preheat oven to 200°. Have a baking sheet ready.

Trim ends off zucchini and grate them either on the large holes of a box grater or, if you have one, using the shredding blade of a food processor. The latter is my favorite as I'm convinced it creates the coarsest and most rope-like strands and frankly, I like my fritters to look like mops.

In a large bowl, toss zucchini with 1 teaspoon coarse salt and set aside for 10 minutes. Wring out the zucchini in one of the following ways: pressing it against the holes of a colander with a wooden spoon to extract the water, squeezing out small handfuls at a time, or wrapping it up in a clean dishtowel or piece of cheese cloth and wringing away. You'll be shocked (I was!) by the amount of liquid you'll lose, but this is a good thing as it will save the fritters from sogginess.

Return deflated mass of zucchini shreds to bowl. Taste and if you think it could benefit from more salt (most rinses down the drain), add a little bit more; we found 1/4 teaspoon more just right. Stir in scallions, egg and some freshly ground black pepper. In a tiny dish, stir together flour and baking powder, then stir the mixture into the zucchini batter.

In a large heavy skillet — cast iron is dreamy here — heat 2 tablespoons of oil over medium-high heat until shimmering. Drop small bunches of the zucchini mixture onto the skillet only a few at a time so they don't become crowded and lightly nudge them flatter with the back of your spatula. Cook the fritters over moderately high heat until the edges underneath are golden, about 3 to 4 minutes. If you find this happening too quickly, reduce the heat to medium. Flip the fritters and fry them on the other side

until browned underneath again, about 2 to 3 minutes more. Drain briefly on paper towels then transfer to baking sheet and then into the warm oven until needed. Repeat process, keeping the pan well-oiled, with remaining batter. I like to make sure that the fritters have at least 10 minutes in the oven to finish setting and getting extra crisp.

For the topping, if using, stir together the sour cream, lemon juice, zest, salt and garlic and adjust the flavors to your taste. Dollop on each fritter before serving. These fritters are also delicious with a poached or fried egg on top, trust me.

Do ahead: These fritters keep well, either chilled in the fridge for the better part of a week and or frozen in a well-sealed package for months. When you're ready to use them, simply spread them out on a tray in a 325° oven until they're hot and crisp again.

Zucchini Pesto

- 3 medium zucchini (about 1 pound)
- 2 teaspoons salt, plus more to taste
- 2 garlic cloves, minced
- 1/4 cup shredded basil
- 1/2 cup Marcona almonds, finely chopped
- 1 tablespoon thyme leaves, chopped
- 1/2 cup grated parmesan cheese
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon finely grated lemon zest
- 4 tablespoons extra-virgin olive oil, divided
- Freshly ground black pepper
- 1 loaf fresh, crusty bread, cut into 1/4-inch-thick slices

Using a box grater, coarsely grate the zucchini. Place the shredded zucchini in the middle of a clean kitchen towel, and sprinkle with the 2 teaspoons of salt. Let sit for 5 minutes, and then squeeze the towel to remove excess moisture. Repeat until as much liquid as possible has been released, then transfer the zucchini to a bowl.

Add the garlic, basil, almonds, thyme, parmesan, lemon juice, lemon zest, and 3 tablespoons of the olive oil to the zucchini; toss to combine. Season to taste with salt and pepper, and refrigerate for an hour.

Just before serving, drizzle the remaining 1 tablespoon of olive oil over the bread and grill or broil the bread until toasted, then let cool. Top each slice of bread with about a tablespoon of the zucchini pesto, and serve immediately.