

## Kitchen Garden at Collingwood College: 2019

### **Name of Recipe: Baby Zucchini, lemon & herb Muffins**

**Volunteer Notes:** This recipe will ensure 1/2 muffin per person.

Oven is to be on 180 O.C

From our garden: zucchini, basil, thyme & parsley.

As Basil is a soft leaf herb, it is either torn or shredded. This ensures you don't have a "bruised" flavour.

What to collect	What to do
2 x Muffin trays Pastry brushes 3 x bowls Wooden spoons Cup measures Liquid measuring jugs Micro planer	Collect Ingredients, set up area, read recipe, allocate tasks. Oil & flour the moulds. Tap out excess flour into the compost. Set aside.
1/4 x cup Brown Sugar 1 and ½ x cup organic S.R. Flour OR  (3 X cup plain flour sieved with 6x teaspoon (tsp) baking powder)	Put the dry ingredients into a large bowl and stir to mix.
1 x Medium Zucchini –washed & grated using largest holes. 1 x lemon [zested-finely) Thyme Oregano Parsley Basil-shredded	Grate Zucchini, squeeze out excess liquid Grate lemon on fine microplane blade. Pick, wash/ dry and fine chop the herbs you have chosen. Shred the basil leaves Add the zucchini and herbs to the dry ingredients and mix well to combine.
1/2 x cup Milk – OR soy milk/almond 1/24cup Veg oil or XV olive oil 3 x free range eggs-it depends on the size from our chickens	Measure all wet ingredients into a bowl and mix lightly. Pour the wet ingredients into the dry and quickly, mix with a wooden spoon. Do not over mix. The mix should <b>be lumpy not smooth. If it is a bit dry add more milk.</b> <b>Divide the mix into small bowls, so each student can have a bowl.</b> <b>Use a desert spoon and carefully spoon</b>

	<b>the mix 2/3 full into the muffin moulds.</b>
<b>Oven gloves</b> <b>Cooling racks</b>	Bake for 8 – 12 mins until the muffin is bouncy on top when you gently touch them. Or insert a skewer into the muffin- if it comes out clean-they are cooked.



**ZUCCHINI-** belong to the Cucurbita family-  
The edible gourd and squash family  
Other vegetables in this family are bush marrow, pattypan (button), cucumber, squash, choko, pumpkins, melons.

The zucchini plant has two flowers-the male flower on a long stalk and the female flower that produces the zucchini. Both are edible. How-ever it is better to use the male flowers and let the female grow into a zucchini.

The season for zucchini in Melbourne starts from Summer and finishes in Autumn.

A few varieties:

- \*Blackjack-dark green skin
- \*Golden Zucchini-golden yellow
- \*Crookneck-pale green, curved neck