

Zucchini Bread

Season: Summer/Autumn

Makes: 36 small muffins

Fresh from the garden: eggs, zucchini

This recipe is best baked in small muffin tins. It is a lovely sweet dish for a festive morning tea. Serve with fresh fruit.

Equipment:

metric measuring cups and spoons
whisk
clean tea towel
chopping board
cook's knife
grater
colander
bowls – 2 large, 1 medium
mixing spoon
fork
3 × 12-basin muffin trays
baking paper
spatula
wire cooling rack
serving platters

Ingredients:

3 eggs, beaten until frothy
1½ cups brown sugar
½ cup sunflower oil
1 tsp vanilla essence
2 medium zucchini, grated to produce 2 cups, squeezed in a colander over the sink to remove moisture
2 cups plain flour
1 tbsp cinnamon
2 tsp bicarbonate of soda
½ tsp salt
¼ tsp baking powder
butter (optional, for greasing muffin trays)

What to do:

1. Preheat the oven to 180°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Mix the eggs, sugar, oil and vanilla essence in a large bowl, then add the zucchini.
4. In another large bowl, mix all the dry ingredients together with a fork.
5. Add the zucchini mix to the dry mix and gently combine.
6. Line the muffin trays with baking paper, or grease with a light coating of butter.
7. Pour the mixture into the muffin trays, three-quarters full for each basin.
8. Bake for 20 minutes.
9. Remove onto a wire cooling rack. Allow to cool then serve on platters.

