

Kitchen Garden at Collingwood College: 2019

Name of Recipe: Baby Zucchini, lemon & herb Muffins

Volunteer Notes: This recipe will ensure 1 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
4 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.
1/2 x cup Brown Sugar 3x cup organic S.R. Flour OR make SR flour> (3 X cup plain flour sieved with 6x teaspoon (tsp) baking powder)	Put the dry ingredients into a large bowl and stir to mix.
2 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 x cup Milk 1/2 cup Veg oil or XV olive oil 4-5 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 be lumpy not smooth. If it is a bit dry add more milk. Divide the mix into small bowls, so each student can have a bowl.

	Use a desert spoon and carefully spoon the mix 2/3 full into the muffin moulds.
Oven gloves Cooling racks	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, pattipan (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.
However 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