



Zucchini Rosti with Horseradish Sour Cream

Season: Summer/Autumn

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: chives, eggs, garlic, zucchini

Recipe source: Adapted from a recipe from Sunshine North Primary School, Victoria

This is an excellent recipe for summer and early autumn when the zucchini plants are producing so much fruit.

Equipment:

metric measuring scales, cups
and spoons
2 clean tea towels
chopping board
cook's knife
grater
small strainer
bowls – 2 small, 1 large
2 teaspoons
2 forks
mixing spoon
large, non-stick frying pan
slotted spoon
spatula
plate
kitchen paper
baking tray
serving platter and bowl

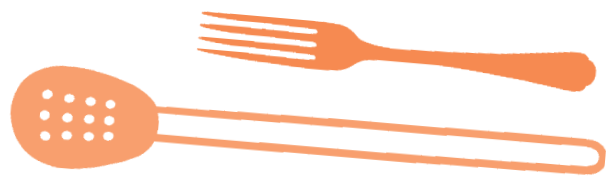
Ingredients:

For the horseradish sour cream:

1½ tbsp horseradish cream
⅔ cup low-fat sour cream
2 garlic cloves, peeled and finely chopped
1 handful of chives, finely chopped

For the rosti:

750 g zucchini, grated
2 eggs
1 handful of chives, finely chopped
⅔ cup plain flour
salt and pepper, to taste
olive oil, to shallow fry



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.

To make the horseradish sour cream:

1. Place the horseradish cream in a small strainer over a small bowl and press with the back of a teaspoon to remove excess vinegar.
2. Mix sour cream, garlic, horseradish cream and chives with a fork in another small bowl and set aside.



Zucchini Rosti with Horseradish Sour Cream continued

To make the rosti:

1. Preheat the oven to 70°C and place the baking tray inside to keep warm.
2. Place the grated zucchini in the centre of a clean tea towel. Gather the edges of the tea towel and squeeze to remove the excess moisture.
3. Whisk the two eggs in the large bowl, using the fork.
4. Add the grated zucchini, flour and the chopped chives and stir to combine. Season with salt and pepper.
5. Place the large, non-stick frying pan over a medium–high heat and ***heat enough oil for shallow frying.**
6. Measure out a teaspoon of the mixture and shape it into a ball. When the oil is hot, use a slotted spoon and ***carefully transfer the balls of zucchini mixture to the frying pan.**
7. Flatten each ball with the spatula.
8. Cook for 3 minutes, then flip to the other side and fry until golden brown and cooked through.
9. Drain each rosti on a plate lined with kitchen paper and place on a baking tray in the oven to keep warm.
10. Serve with horseradish sour cream.

* Adult supervision required.

