

frequent feasters

Dear Frequent Feasters

Call it March madness but Autumn is throwing us all sorts of wild weather and that will impact on our crops, so you can expect shortages of some foods and consequently some increases in prices. But have no fear, it will right itself soon enough... and if the outdoors is too much to bear – head indoors and eat!

Flip



food in focus: grey zucchini



various zucchinis - grey at right [image: www.flickr.com/photos/jdickert]

Goodness knows why they're called Grey Zucchini because they actually have a pale green and dappled skin.

Grey Zucchini are shorter and more stout than their dark green cousins. They taste the same but have a slightly drier texture, but you can use them the same way as you would ordinary zucchini.

Grate and toss them into a salad sandwich with some carrot and beetroot and a dollop of mayo...simmer chopped zucchini, onion and garlic for about 20 minutes, then add some fresh mint and blend it all together for magnificent soup...cut them in half long ways, scoop out the flesh and mix it with grated cheese, salt and pepper and bake in the oven for about 20 minutes. Or cut them into strips and toss them on the barby with a stroke of olive oil.

And the most downloaded recipe from taste.com.au over the past three years is... DRUMROLL... zucchini slice. 40,000 copies have been downloaded. I find that amazing – not just because it's a vegetarian dish but because I never in my wildest dreams imagined zucchini slice as a popular dish.

make Zucchini slice

If you can't beat 'em, join 'em. Here is my zucchini slice if you wish to compare it to the one on the Taste website, or if you just want to give it a go!

ingredients

2 eggs
4 egg whites
2 tablespoon olive oil
¼ cup milk
500 grams zucchini, coarsely grated
1 large onion, finely chopped
60 grams (1/2 cup) tasty cheese, grated
150 grams (1 cup) self-raising flour

method

Preheat oven to 180 degrees C.

Combine eggs, egg whites, oil and milk in a bowl and whisk until well combined.

Add zucchini, onion, cheese, flour and stir until combined.

Pour into a lined 28cm x 18cm baking tray or similar sized baking dish (to present to a table).

Bake for 40 mins or until golden brown.

Serve warm or cool.

don't choke, but...

On the menu at Outback, a new restaurant in Dubai, they are serving Kookaburra Wings, Walkabout Soup and Toowoomba Pasta. It's certainly an interesting way to attract patrons and I trust no endangered animals or humans were harmed in the process of offering the unique menu.

I am moonlighting as an angel... well, each Wednesday at 8.40am I join FiFi Box and Kylie Gillies as part of Sunrise's *Kochie's Angels* segment and talk about the topics du jour.

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think

Coeliac Awareness Week ran from 13-22 March, and this year's focus was on kids and making sure they are not overlooked in screening for Coeliac Disease. (My husband and two godchildren are Coeliacs, that's why I made my gluten-free muesli for them!). Called *Is Your Child Out of Sorts*, this year's campaign aimed to educate us all to help in the early detection of Coeliac disease. Symptoms can vary greatly from person to person so for more details log onto www.coeliacsociety.com.au. Diagnosis will result in a healthier and happier human in your family and these days there are so many fabulous products and restaurants catering for Coeliacs which makes life easier – and tastier. The Coeliac Society's Hot line is 1300 273 272 for information about Coeliac Disease in children and for a free booklet.

buy

what's in season during autumn?

- Apples
- Bananas
- Raspberries
- Grapes
- Kiwi
- Rhubarb
- Quince
- Avocados
- Capsicum
- Carrot
- Cauliflower
- Celery
- Garlic
- Ginger
- Fennel
- Mushrooms
- Peas
- Potato
- Pumpkin
- Silver beet
- Sweet potato
- Zucchini

It is easier to ruin a kingdom than to set up a green grocer stall.