



COURGETTES FARCIES

INGREDIENTS

(Serves 4-6)

- 6 medium to large long courgettes (or similar sized round courgettes)
- 350g fresh brocciu or ricotta
- 2 medium free-range eggs, beaten
- 2 garlic cloves, grated
- 3 tbsp roughly chopped basil leaves
- Lemon zest, grated
- 6 tbsp breadcrumbs
- 3 tbsp parmesan or aged tomme de Corse
- 2 tbsp pine nuts, roughly chopped (optional)
- Olive oil
- Salt and freshly ground black pepper

Baked courgettes stuffed with fresh brocciu, herbs and cheesy breadcrumbs, served dolloped with coulis de tomates, are a local speciality. When in season, use round courgettes as a fun alternative. To make breadcrumbs, simply grate day-old bread on a medium-sized grater or whizz in a food processor. For an authentic taste of Corsica, combine the breadcrumbs with aged tomme de Corse cheese in place of parmesan.

- 1 Preheat the oven to 180°C/Gas Mark 4. Trim both ends of the courgettes and cut in half lengthwise (across the middle if you're using round courgettes). Blanch in a pan of simmering salted water for 3 minutes, then drain and refresh with cold water. Using a spoon, remove the seeds from the middle of each courgette.
- 2 Mash the brocciu with a fork until smooth. Season to taste, then stir in the eggs, garlic, basil leaves and lemon zest. Combine the breadcrumbs, parmesan and chopped pine nuts.
- 3 Rub the courgettes with a little olive oil and place on a baking tray. Divide the brocciu mixture between the courgette cavities and top with the cheesy breadcrumbs. Drizzle each half with a teaspoon or so of olive oil.
- 4 Place in the oven and bake for 15-20 minutes until the filling is golden brown and crunchy.