

Courgette recipes

Ginger Courgette Cake

250g margarine or butter
 250g dark muscovado sugar
 250g black treacle
 375g plain flour
 5 tsp. ground ginger
 2 tsp. ground cinnamon
 2 tsp. bicarbonate of soda
 2 eggs, beaten
 200g courgette - **grate, leave in colander ½ hr, and squeeze out moisture.**
 300ml milk

Method:

- Line a 20 x 30 cm cake tin. Preheat oven if not a fan oven.
- Warm the margarine, sugar and treacle together in a pan, stir until smooth, and then pour into in a bowl.
- Sift the flour, spices and bicarbonate into the bowl and stir well.
- Beat in the eggs.
- Put the courgette into a measuring jug and make the level up to 300ml with milk
- Stir gently until well combined, and pour into the tin.
- Bake at 160°C (gas 3) for about an hour until springy to the touch.

Chocolate Courgette Cake

This recipe comes from Riverford Organic Vegetables (www.riverford.co.uk). It is a great way of getting children to eat more vegetables and has been a regular feature on the lunch menu at Landscope Primary School and the children seem to love it.

120g butter (softened)
 125ml sunflower oil
 100g caster sugar
 200g soft brown sugar
 3 eggs, beaten
 130ml milk
 350g plain flour
 2 tsp baking powder
 4 tbspcocoa
 450g courgette **grate, leave in colander ½hr, and squeeze out moisture.**
 1 tsp vanilla

Instructions:

1. Line a 20 x 35cm baking tray with baking paper and set the oven to 190°C/350°F.
2. Mix the butter, oil and both sugars together until light and fluffy. Gradually add the eggs, one at a time and then the milk until mixed thoroughly.
3. Sift the dry ingredients together and fold into the mixture. Stir in grated and peeled courgettes, vanilla and spoon into tin. Bake for 35 -45 minutes. Cut into squares whilst still warm. Jane Baxter