

COURGETTES AU GRATIN.

SERVES 2 – 4

500G Unpeeled Courgettes, coarsely grated

1 tsp Castor Sugar

1 tsp Salt

2 tsp Tarragon Vinegar

1 Egg

280ml Double Cream

Basil Leaves

Grated Parmesan

Black Pepper

Butter

1. Toss the grated courgettes in a bowl with the sugar, salt and tarragon Vinegar. Leave in a cool place for several hours to allow the juice to come out of the courgettes.
2. Pre-heat the oven to 200c.
3. Drain the courgettes and squeeze well. Lightly butter a gratin dish and Put in the courgettes. Beat the egg and add to the double cream with a few torn basil leaves, stir in some grated parmesan and black pepper.
4. Fluff up the courgettes and pour the cream mixture over. Bake in the Oven for about 20 minutes or until the custard is just set around the edge but still slightly creamy in the middle.