

Zucchini rosti with horseradish sour cream

Season: Summer

Type: Big Dishes

Difficulty: Intermediate

Serves: 24 tastes in the classroom or 6 serves at home

Fresh from the garden: chives, garlic, zucchini

Recipe Source: Sunshine North Primary School, Victoria

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

Equipment:

chopping board
large knife
clean dry tea towels
small strainer
two small bowls
teaspoon
fork
grater
tea towel
small bowl
fork
large bowl
measuring cups
spatula or mixing spoon
frying pan
teaspoon
slotted spoon
spatula
kitchen paper

Ingredients:

For the horseradish sour cream:

2 garlic cloves, crushed
small bunch fresh chives
1 1/2 tablespoons horseradish cream
2/3 cup sour cream

For the rosti:

750 g zucchini
2 eggs
2/3 cup plain flour
olive oil to shallow fry



What to do:

To make the horseradish sour cream:

- Set out the chopping board and large knife. Dampen a clean tea towel, fold and place it under the chopping board to prevent it from slipping.
- Carefully press each garlic clove under the flat side of the knife to loosen the skins. Slip off the skins.
- Wash and dry the chives, then chop them finely.
- Measure out the horseradish cream, place it in a small strainer over a small bowl and press with the back of a teaspoon to remove excess vinegar.
- In a small bowl, combine the sour cream, garlic, horseradish cream and 1 tablespoon of the chopped chives. Mix with a fork and set aside.

To prepare the rosti:

- Grate the zucchini using the coarse side of the grater.
- Place the grated zucchini in the centre of a clean tea towel and squeeze the towel to remove the excess moisture.
- Whisk the two eggs in a small bowl, using a fork.
- In a large bowl, mix the grated zucchini, beaten eggs, flour and the rest of the chopped chives. Stir with a spatula or spoon to combine. Season with salt and pepper.
- Place a large, non-stick frying pan over medium-high heat and **heat enough oil for shallow frying.*
- 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.* Flatten each ball with a spatula. Cook for 3 minutes, then flip to the other side and fry until golden brown and cooked through.
- As the rosti finish cooking, remove each one to a plate lined with kitchen paper and cover to keep warm (or keep on a baking tray in very low-heat oven – around 120°C).
- Serve with horseradish sour cream.

** Adult supervision required.*

