



Miele

Steamed courgette flowers, roasted zucchini, piperade sauce

By Shannon Bennett

2 hours

Preparation time

50 minutes

Cooking time

6 servings

Serves

INGREDIENTS

Black Olive Oil

500 g black olives, pitted
200 ml olive oil
1 teaspoon Sea Salt

Herb Oil

1 lemon
200 ml grapeseed oil
50 ml olive oil
½ cup of small mint leaves
¼ cup flat leaf parsley,
picked

Courgette Flower

6 courgette flowers
¼ cup plain flour

Courgette Base

6 courgettes
6 sprigs of thyme
Sea Salt and pepper
Olive oil

Zucchini Chutney

1 tablespoon olive oil
300 g zucchini, cut into 1
cm dice
1½ tablespoons (30 g)
caster sugar
2 tablespoons sherry
vinegar
Sea Salt to taste
70 g goat cheese

Beer Batter

½ cup plain flour
200 ml beer (ale)
Sea Salt to taste
2 tablespoons flour, extra
1 litre sunflower oil, for
deep-frying

Piperade

1 red capsicum, deseeded
and thinly sliced
1 yellow capsicum,
deseeded and thinly sliced
120 g brown onion, sliced
thinly
2 teaspoons olive oil
2 tablespoons sherry
vinegar
25 g caster sugar
¼ teaspoon herb de
Provence (Herbies)
200 g canned tomatoes,
crushed
Sea Salt, to taste

Garnish

Watercress

METHOD

Black Olive Oil

1. Place olives on the universal tray on shelf position 2.
2. Select Special Applications. Select Drying at 70°C for 3 hours.
3. Place the semi dried olives into the bowl of a food processor with the olive oil and salt and blend to a puree.
4. Pass through a fine sieve and store the oil in a sterilised jar with a tight lid for up to 1 month.

Herb Oil

1. Peel yellow skin from the lemon with a vegetable peeler. Combine oils and lemon rind in a glass bowl, cover with plastic wrap and steam at 62°C for 3 hours. Remove from oven, discard rind and cool the oil.
2. Wash the mint and parsley leaves, dry thoroughly.
3. Puree the lemon oil and herbs in the small bowl of a food processor and strain through a fine muslin lined sieve. Refrigerate until completely cool, and then pour into a squeeze bottle for serving.

Courgette Flower

1. Open the courgette flowers and remove the bud. Place courgettes into a perforated tray. Place a solid tray on shelf position 1, with the perforated tray on shelf 2.
2. Steam at 100°C for 2 minutes and allow to cool.

Courgette Base

1. Pre-heat oven on Fan Plus at 180°C.
2. Top and tail courgette and cut into 10 cm lengths.
3. Trim a thin strip from one side of each zucchini so that they sit flat.
4. Cut a 1 cm slice from the top of the zucchini and using a teaspoon, scoop out the core and reserve for chutney.
5. Dice the offcuts, reserve for zucchini chutney.
6. Lightly coat zucchini with oil, place on a baking tray. Season with salt and pepper; sprinkle each zucchini with thyme leaves.
7. Bake for 8 minutes, until just softened.
8. Remove from the oven and cool.

Zucchini Chutney

1. Heat the oil in a large pan on a medium-high heat, Induction setting 7-8, add the diced zucchini and cook for 7-8 minutes or until golden brown.
2. Add the sugar, reduce the temperature to medium-low, Induction setting 4-5 and continue to cook until the sugar has dissolved. Add the sherry vinegar and season with salt to taste. Increase heat and cook until the moisture has evaporated.
3. Place the mixture in a bowl, covered with plastic wrap and refrigerate until cool.
4. When chutney is cool, mix gently with goat cheese to combine.
5. Place 1 heaped tablespoon of chutney in the cavity of each zucchini. Set tray aside until required.

Beer Batter

1. Combine the flour, beer and salt in a medium bowl and whisk until smooth. Set aside.

Piperade

1. Place capsicum, onion and olive oil in a universal tray and cover with plastic wrap. Select Automatic programmes, select Special, select Sweat Onions. Repeat programme if necessary as onions need to be quite soft.
2. Add sherry and sugar, stir well and leave to stand for 2 minutes.
3. Place mixture into the bowl of a food processor, add herb de Provence and tomatoes and blend to a puree.
4. Season to taste with salt and pass mixture through a fine chinois into a small saucepan and set aside.

To Serve

1. Pre-heat oven on Fan Plus at 180°C.
2. Return baking tray with zucchini to oven and cook for 6 minutes.
3. Place pipérade on medium heat, Induction setting 6, stirring constantly until just hot and then keep warm until required.
4. Heat sunflower oil in a pan to 170°C.
5. Carefully fill each courgette flower with 1 tablespoon of chutney. Gently twist the top edge together to close. Coat the courgette (flower part only), with flour and dip in beer batter before deep frying until crispy and golden brown. Drain on paper towel.
6. Place 2 tablespoons of pipérade in the centre of each plate.
7. Position a courgette base across the sauce and prop a courgette flower to stand high. Drizzle with herb and black olive oil and garnish with watercress.

Note

- Simon Johnson Sommariva olives were used for this recipe. A 730 g jar yields 500 g olives and enough olive oil to use 200 ml for the black olive oil recipe.