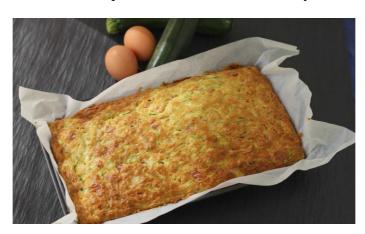
ZUCCHINI SUCE

Source: Recipe from Auburn South Primary School



EQUIPMENT/ UTENSILS	INGREDIENTS
2 Santoku knives	500 g zucchini
2 Chopping boards	1 large onion or 2 small onions
2 graters	200g grated tasty cheese
1 microplane grater	1 cup plain Flour
Measurement cup- 1 cup	1 tsp of baking powder
Measuring spoon 1 tsp,	1/4 cup of vegetable oil
Sieve	6 eggs
Whisk	A pinch sea salt flakes
1 large mixing bowl	3-4 grinds black pepper
1 medium mixing bowl	6 steams of parsley
wooden spoon	4 sprigs of thyme
1 rectangular ovenware dish	1Tbsp oil (for greasing dishes)
Pastry brush	Pastry brush
Spoon and fork for serving	

METHOD: WHAT TO DO:

- 1. Preheat oven to 180 ° C
- **2.** Use a pastry brush and brush dish with oil.
- 3. Weigh zucchini. Trim ends from zucchini. Wash and pat dry with paper towel. Grate using biggest hole of grater
 - **4.** Using **bridging** technique **cut onion in half.** Peel **skin** from onion and put in rubbish bin.
 - 5. Place onion flat side down on the chopping board and cut each half into quarters.
 - **6.** Chop each **onion** quarter into **fine pieces.** Use the **pivot** technique.
 - **7.** Pull leaves of thyme of woody stalks
 - 8. Roughly chop parsley (leaves and stem) & thyme leaves, using pivot technique.
 - **9.** Carefully **break eggs** into a bowl and whisk.
 - 10. Sift the flour and baking powder
 - 11. Combine zucchini, onion, cheese, herbs, sifted flour, oil and whisked egg mixture
 - 12. Season with salt and pepper.
 - 13. Pour mixture into greased baking dish
 - 14. Bake in moderate oven 180° C for 25-30 minutes or until golden brown.
 - 15. Cut zucchini slice into enough slices for class and volunteers and divide onto six serving plates.