

Miele

Zucchini tartines with warm mustard sauce

By Shannon Bennett

30 minutes

Preparation Time

15-20 minutes

Cooking Time

6 serves

Serves



INGREDIENTS

Zucchini puree

- 1 large oversized zucchini, roughly sliced
- 2 tbs of tahini paste
- 1 small brown onion, diced
- 2 cloves of garlic, crushed
- Juice of ½ lemon
- 1 tbs extra-virgin olive oil

Zucchini salad

- 2 medium sized green zucchinis
- 1 Granny Smith apple
- 3 celery sticks, peeled
- 1 tbs finely sliced chives
- ¼ cup brazil nuts, finely micro planed or grated
- 1-2 tbs lemon juice
- 1-2 tbs extra virgin olive oil

Tartine slices

- 6 x 1 inch slices of yesterday's sour dough with crust removed
- 2 tbs extra virgin olive oil
- 10g sea salt flakes

METHOD

Zucchini puree

Place the zucchini slices in a perforated steam container, add the chopped onion, crushed garlic cloves, olive oil and salt. Macerate and then steam at 90°C for 15 minutes.

Once the ingredients are cooked, and smells of baked garlic and olive oil take over the kitchen, place all ingredients into a food blender and process until smooth. Adjust the seasoning before placing into a container and reserving to the side.

Zucchini salad

1. Thinly slice the zucchinis on a mandolin, then placing the stacked slices onto a chopping board cut them into matchstick size pieces. Place them in a bowl. Repeat the same process with the apple.
2. Thinly slice the celery with a vegetable peeler, then julienne.
3. Add all the ingredients together along with the chives and Brazil nuts, season and dress with olive oil and lemon juice, reserve to the side.

Tartine / bread slices

1. Heat a frying pan on medium heat, Induction setting 6, add salt and oil to the pan and add the bread, fry on each side for several minutes until golden. Remove and drain on paper towel.

Warm mustard dressing

1. Bring a pot of water to the boil and reserve to the side.
2. In a bowl placed over the pot of water, gently whisk the mustard, mayonnaise and lemon juice for 1-2 minutes until warm. If using an Induction cooktop there is no need to double boil. Instead, place the ingredients into a saucepan on low heat, Induction setting 2 and gently whisk until warm.
3. Place in a cream gun and charge twice with the nitrogen bulbs. Shake vigorously. Place this gun in the pot of warm water until ready for use.

To serves

1. Place a slice of bread onto a plate. Spoon a generous amount of puree over the fried bread.
2. Top with the zucchini salad and then just before serving, liberally cover the salad with warm dressing.

Notes

Notes: Zucchinis are so easy to grow; the problem is in many ways, too easy. This recipe will help use up the excess.