



# XCentric Ideas

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by

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# COURGETTE? ZUCCHINI? BABY MALLOW?

## WHICH is which??

In North America, Australia and Germany, the plant is commonly called a ***zucchini***.

In Scandinavia, however, the name ***squash*** is more commonly used than zucchini.

The name ***courgette*** is a French loan word and is commonly used in countries including the United Kingdom, Ireland, New Zealand, the Netherlands and South Africa.

But in South Africa, the vegetable is typically harvested when approximately finger size and is referred to as ***baby marrows***.

## HOW TO PREPARE?

Rinse under running water, cut off the tops and tails.

If you really want, you can peel the marrows before using it.



# Baby Marrow Pesto

2 baby marrows, rinsed, sliced  
2 tbsp grated cheddar cheese (or feta cheese)  
1 ½ tbsp breadcrumbs (or use chopped pine nuts / walnuts)  
1 tsp garlic  
2 tbsp olive oil  
1 tsp lemon juice  
Pepper

Blend everything till coarse. Taste first, add more oil if you want. Add salt to taste.

*This is just deeelicious!!! Use it as a dip, a spread, an accompaniment to protein or pair it with cheddar cheese on a toasted sandwich.*

*You can also use the pesto as a **pasta sauce**. Add pesto to your **meatballs / burger patties**. Stir pesto into **mash**. Mix pesto with **softened butter**. Add pesto to your **mayo for potato salad**.*



# Pickled Baby Marrows

200g baby marrows, sliced lengthwise in 4  
60 ml castor sugar  
1 bay leaf  
8 peppercorns  
200 ml white vinegar

Rinse the baby marrows. Sterilise your jar.

Heat the vinegar, sugar, bay leaf and peppercorns till sugar is dissolved. Place your raw baby marrow sticks upright in sterilised jar. Pour in the hot pickle mixture. Let it cool. Seal. You can eat it immediately or keep it in fridge.

*I was quite surprised by these pickles ... they were still a bit crunchy and really quite yummy!*

# Spiced Baby Marrow Chutney



250g tomatoes, cubed  
250g baby marrows, with peel on, sliced  
125g brown sugar  
1 tsp mustard seeds  
1 tsp turmeric  
1 heaped tsp crushed garlic

150 ml white vinegar  
1 red apple, peeled and diced  
2 tsp mixed spices (All Spice)  
1 tsp ground ginger powder  
2 heaped tsp masala curry powder

Put all the ingredients in a large pan. Bring slowly to a simmer, stirring to stop the mixture sticking. Simmer, uncovered, for 2 hours until dark, thick and chutney-like. Pour into sterilised jars and leave for 2-3 weeks before eating.

*Or do it the Alma way – put everything in deep microwave bowl. On High, microwave for 40 minutes, stirring after every 10 minutes. And eat immediately.*

**THIS CHUTNEY IS AMAZING!!!!** You can use other curry powders instead of the masala.

Use this chutney with any meal, with a cheese board, as a spread on a sandwich. Will make a lovely gift.

This recipe made 2 x 250 ml jars. You can easily double the ingredients.

Keep in fridge.



# Baby Marrow 'Pasta Ribbons'

Fresh baby marrows  
Potato peeler

Rinse the baby marrows, top and tail. Make 'ribbons' with the potato peeler.

Add these 'ribbons' to boiling water and steam on stove or in microwave for about 1 minute. Test to see if you want the 'ribbons' more soft.

Serve as you would normal pasta.

*This is such a lovely substitute for pasta. It looks fresh and inviting and has the texture.*

*You can leave the 'ribbons' raw and prepare a salad with it.*

# Baby Marrow Feta Quiche



± 430 g baby marrows, rinse, keep peel on  
1/3 red bell pepper, cubed  
Salt, pepper, spices to taste  
Fresh herbs (if you want)  
Butter / oil  
1 wheel feta cheese, cubed  
3 large eggs  
½ cup milk

Preheat oven to 180 oC. Slice the baby marrows. Fry them in the butter/oil in a pan. Add the spices and red bell pepper. Fry till they start to go golden. Remove pan from stove.

Pour the marrow mixture in a quiche pan. Beat the eggs and milk and pour over the marrow mixture. Dot with the feta cheese cubes and bake for about 10 – 15 minutes till set and golden-brown on top.

*I love this kind of quiche/frittata dish. And this will be a great vegetarian dinner or side dish.*



# Baby Marrow Lasagna (no pasta)

This is a suggestion, not a recipe.

White sauce / cheese sauce  
Lasagna filling (mine was chicken)  
Baby marrows, peeled  
Grated cheese

Preheat oven to 180 oC. In your oven dish, start with a layer of white sauce. Place the raw baby marrow 'ribbons' on the sauce, slightly overlapping each other. Spoon your lasagna mixture on this and repeat the layers. Top with grated cheese. Bake in oven for 30 – 35 minutes.

*This was a really good dish!*