

?Once upon a time in tent not far from here there were a couple who had very little money and were in a bit of an uncomfortable (Read dangerous) situation. They found a Community Share Shelf where allotment holders placed their excess for people to take. The phrase ?A million ways to cook a Marrow / Courgette? was coined and will stay with them for life?.

Read into that what you like. However we had some slightly damaged Courgettes which we couldn?t pass on, so I thought we could improve on their rather bland flavour and use them as a side for Fish and Chips?.

Ingredients:-

1 Courgette, topped and tailed and cut thickly
Anchovies and Capers, chopped

Ingredients for the Gluten free Batter:-

1 Heaped table spoon of Gram Flour
2 Heaped table spoons of Cornflour
2 Heaped table spoons of Cornflour for dredging
Salt & Pepper to season
A sprinkle of Turmeric for colour
1 Tea Spoon of Baking Powder
Carbonated Water

Method:-

(1) Mix the Batter ingredients to make a smooth but liquid batter.
(2) Heat a fryer to 180c.
(3) With your thumb press a hole in the middle of each Courgette disc.
(4) Mix the Anchovies and Capers and press into the hole with the back of a spoon.
(5) Dredge each fritter in Cornflour.
(6) Dunk in the batter and fry until golden brown on all sides, in batches.
(7) Remove and drain of kitchen paper.
(8) Re-dunk to heat just before serving.

From a rather pitiful Courgette, these evolved into something pretty good. We even repeated them last night as a side for a Surf & Turf gig?.