

Preserved Zucchini with Honey

30—40 Min

Preparation

1. Wash the zucchini and use a potato peeler or a sharp grater to cut into thin, wide strips.
2. Layer these in a dish and sprinkle each layer with some sea salt. Allow to infuse for around 30 minutes.
3. Roll up the zucchini strips and layer in sterile jars. Peel the red onion and slice thinly.
4. Sprinkle rainbow peppercorns and mustard seeds into the jar. Crush the cloves of garlic with the back of a knife and lightly brown in heated olive oil.
5. Use vegetable stock to deglaze the pan and garnish with honey and season with salt. Bring to the boil and while boiling pour over the zucchini. Sprinkle the garlic into the jars.
6. Seal the jars (4x 160 ml jars) immediately and allow to cool. They can be kept chilled for a few weeks. They are perfect with goat's cheese.

Ingredients 4 Portions

= Kotányi Produkte

8	Zucchini, medium-sized
1	Red onion, small
80 ml	Olive oil
2	Garlic cloves
400 ml	Vegetable stock
1 tsp.	Honey
1 tsp.	Pepper Rainbow, Whole
1 tsp.	Mustard Seeds, Whole
1 pinch	Sea Salt, Coarse