Grated Zucchini Sautéed with Onions, Gratin de Courgettes Mornay, Boiled Summer Squash Greek Style, and Oil & Lemon Dressing

Four recipes on one sheet

Grated Zucchini Sautéed with Onions

Ingredients

- 1 lb zucchini (about 3 pieces, each approximately 8 inches x 1 3/4 inches)
- 1/4 tsp salt
- 1 to 1 1/2 cups onions, sliced
- 3 Tbsp butter or olive oil
- 1 clove garlic, pureed (optional)

Instructions

1. Slice off the stem end and shave off the other end of each zucchini. Scrub under cold water.
2. Grate unpeeled zucchini into a colander set over a saucepan.
3. Toss grated zucchini with salt and let macerate (stand) while preparing the onions.
4. In a covered frying pan, cook sliced onions in butter or olive oil over medium heat for 8 to 10 minutes, until tender and translucent but not browned. Add garlic near the end of cooking.
5. Pack the macerated zucchini into a potato ricer (or twist by handfuls in the corner of a dish towel) and squeeze hard, letting the juices fall into the saucepan below. Reserve these juices.
6. When onions are tender, stir in the squeezed zucchini and sauté over moderately high heat, tossing and turning for several minutes until tender.
7. To serve as a finished dish: cover and cook a few minutes more, season, and turn into a hot vegetable dish.
8. To use as a base for Gratin de Courgettes Mornay, proceed directly to that recipe using this sautéed zucchini and onion mixture, still in its frying pan.

Gratin de Courgettes Mornay

Built on the preceding Sautéed Zucchini with Onions

Ingredients

- Sautéed zucchini and onions (preceding recipe, in its frying pan)

- 2 to 4 Tbsp butter, as needed
- 3 Tbsp flour
- Reserved zucchini juices, heated
- 1/3 to 1/2 cup milk or cream
- Salt and pepper, to taste
- About 1/2 cup Swiss cheese, grated, divided
- 2 to 3 Tbsp fresh white bread crumbs
- 1/2 Tbsp butter, melted (for topping)

Instructions

1. Preheat oven to 425°F.
2. Return the frying pan with the sautéed onions and zucchini to moderate heat.
3. Add 3 Tbsp melted butter and stir in flour; cook, stirring, for 2 minutes. Remove pan from heat.
4. Mix in the hot reserved zucchini juices, blending thoroughly with the vegetables.
5. Stir in a portion of the milk or cream to bring the mixture to a manageable temperature, then return to heat and bring to a simmer, thinning further with additional milk or cream as needed. The mixture should be fairly thick but not stiff.
6. Season with salt and pepper, then stir in about half of the grated Swiss cheese.
7. Butter a shallow 1 1/2 quart baking dish and turn the zucchini mixture into it.
8. Combine remaining Swiss cheese with bread crumbs and spread evenly over the top. Drizzle with melted butter.
9. Bake in the upper third of the oven for 15 to 20 minutes until bubbling and the top is nicely browned.

Boiled Summer Squash, Greek Style

Ingredients

- 1 lb summer squash, preferably zucchini
- 1 cup water
- 1/4 tsp sugar
- Salt and pepper, to taste
- Oil and Lemon Dressing (see recipe) or garlic sauce
- 1 tsp fresh mint or dill

Instructions

1. Wash squash and cut off ends. Do not peel.
2. Slice into 1 inch rounds.
3. Place squash in a pan with water, sugar, and salt.
4. Cover and boil until soft, approximately 15 minutes.
5. Serve with Oil and Lemon Dressing or garlic sauce, garnished with mint or dill, or with a cruet of olive

oil and lemon wedges for individual seasoning at the table.

Oil and Lemon Dressing

Ingredients

- 1/2 cup olive oil
- Juice of 1 lemon (see Editor's Notes)
- 2 Tbsp vinegar
- 1/4 tsp salt
- Dash white pepper, to taste
- 1/4 tsp oregano

Instructions

1. Combine olive oil, lemon juice, vinegar, salt, white pepper, and oregano in a bowl.
2. Mix with a few whisks of a fork just before ready to serve.
3. Use over hot or cold vegetables, fresh greens, fish, or olives. Also excellent as a marinade for meats and fowl.

Grated Z / sauteed w/ onions

1 lb zuch. - (3 x 8 11 x 1 3/4 wide)
1/2 t salt
1-1 1/2 c. sliced onions
3 T. butter or olive oil
optional: 1 clove garlic, pureed

Slice off stem, shave off other end, scrub under cold water, grate unpeeled zucc. into a colander set over a saucepan. Toss w/ salt, let macerate (stand) while you set onions to cook w/ butter or oil in covered (by pan) 8-10 min, until tender & translucent but not brown. Add garlic at end. Then pack zucch into a potato ricer (or twist by handfuls in the corner of a dish towel) squeeze hard, letting juices fall into saucepan. Reserve juices. When onions tender, stir in zucchini & sauté over moderately high heat, toss & turn 3-4 several minutes until tender. If you wish to serve Z as is, cover and cook a few minutes longer, season, turn into hot vegetable dish - or use as base for below:

Gratin de Courgettes; Verray

The preceding sautéed zucchini in its frying pan.
2-4 T. butter melted
3 T. flour
Z squeezing juices, heated
1/3-1/2 c milk or cream
Salt & pepper
Abt 1/2 c grated Swiss cheese
2-3 T. fresh white bread crumbs

Setting frying pan w/ onions & sautéed zuch over moderate heat, add 2 T. of melted butter. Stir in flour, cook, stirring 2 min, remove pan from heat. Mix in hot Z juices, blending thoroughly w/ the vegetables & juices, and return pan to moderate heat. Stir the mixture, turning out w/ spoonfuls of milk or cream. Mixture should be fairly thick but not stiff. Season w/ salt, pepper. Then stir in 1/3 c. cheese. Butter a shallow 1 1/2 baking dish, and turn the zuc in it. Spread on mixture of remaining cheese & bread crumbs, drizzle on 1/2 T butter.

Abt 15-20 min before serving, set in upper third of a preheated 425° oven until bubbling and top has browned nicely.

recipecardarchive.com | RCA0009-20260629-0009

Boiled Summer Squash, Greek Style

1 lb summer squash, preferably Z
1 c. water
1/4 t. sugar
Salt & pepper
Oil & Lemon Dressing or Garlic Sauce
1 t. mint or dill

Wash & cut off ends of squash. Do not peel. Slice into 1" rounds. Put squash in a pan & add water & salt. Cover & boil until soft, aprox 15 min. Serve with sauce above, or w/ cruet of olive oil & wedges of lemon for individual seasoning.

Oil & Lemon dressing

1/2 c olive oil
juice of 1 lemon or 2 T. vinegar
1/4 t salt
dash white pepper, to taste
1/4 t oregano
mix ingredients w/a few whistles of fork just before ready to serve. Use over hot or cold vegetables, fresh greens, fish, olives. It is also an excellent marinade for meats & fowl.

recipecardarchive.com | RCA0009-20260629-0009