

HOW TO MAKE

Stuffed zucchini flowers

Shopping list	Step	What to do	What you need (serves 6)	Marguerite's tip
<ul style="list-style-type: none">• 1lb salted cod• 1lb potatoes• 2 TBS minced garlic• 2/3 cup milk• 2/3 cup olive oil• pepper• 12 zucchini flowers• 2 shallots• ¼ cup white wine• ¼ cup vermouth• ½ cup heavy whipping cream• Salt and pepper• ½ lemon• olive oil	1	Desalt the cod as directed on the package. Peel and debone it. Shred it. Peel and boil the potatoes. Mash them up with the shredded cod, incorporating the milk and the olive oil and the garlic as you go. Adjust seasoning and set aside.	<ul style="list-style-type: none">• 1lb salted cod• 1lb potatoes• 2 TBS minced garlic• 2/3 cup milk• 2/3 cup olive oil• pepper	<p>« The cod and potato mash is what French people call brandade, delicious in this recipe and delicious served alone. Place it in a casserole dish and add breadcrumbs on top, a little butter and broil until golden on top...»</p>
	2	Remove the core of the zucchini flowers very carefully so you don't damage the flower. Using a piping bag fill the flowers with the cod and potato mash. Close the top of the flowers.	<ul style="list-style-type: none">• 12 zucchini flowers	
	3	Peel and chop the shallots. Wilt them in the butter. Add the white wine and the vermouth. Simmer on medium until it reduces from half. Add the cream and simmer again. The sauce must thicken. Season with salt, pepper and a little lemon juice. Set aside.	<ul style="list-style-type: none">• 2 shallots• ¼ cup white wine• ¼ cup vermouth• ½ cup heavy whipping cream• Salt and pepper• ½ lemon	
	4	Fry each flower in a little olive oil well heated in a frying pan. Serve with the sauce.	<ul style="list-style-type: none">• olive oil	