



SFORMATO DI ZUCCHINI

(Zucchini Flan)

Ingredients:

- 1 kg. zucchini
- 2 eggs
- 100 gr. breadcrumbs
- 100 gr. grated parmigiano
- Parsley
- 2 cloves garlic
- extra virgin olive oil
- salt and pepper

For the béchamel:

- 0.500 litre milk
- 50 gr. butter
- 50 gr. flour
- pinch of nutmeg
- salt and pepper

For the sauce:

- 500 gr. ripe tomatoes
- 1 onion
- 1 carrot
- 1 celery stalk
- parsely
- extra virgin olive oil
- salt and pepper

Directions:

Preheat oven to 400 degrees Fahrenheit.

Cut the zucchini into small pieces. Place the garlic cloves in a large frying pan with some extra virgin olive oil. Cook the garlic until it is browned and add the pieces of zucchini, cooking them a long time until they are soft.

For the béchamel: place the flour and butter in a pan and mixing carefully while heating. Once the butter has melted, add the milk. When the sauce is smooth, add grated nutmeg, salt and pepper to taste.

Put the cooked zucchini and the béchamel sauce in a large bowl. Add the parsley eggs, breadcrumbs, and parmigiano and mix together with a hand blender or put in a food processor.

Put the mixture in ramekins (small molds) and place in a pan filled with water. Bake for about 40 minutes.

For the sauce: cut the onion, carrot and celery into small pieces and cook with some extra virgin olive oil for 10 minutes. Then cut the tomatoes into small pieces and add them, cooking 20 minutes more. (If necessary, add a little water). Put in the parsley and whisk all the ingredients until creamy, adding salt and pepper to taste.

Place a bed of the sauce on a plate and place the flan over the sauce and serve hot.