

SFORMATINO DI ZUCCHINI or KALE

This is one of the most traditional dishes of Tuscany. It is easy to make and a very tasty treat. Any vegetable can be used but these are my two favorites. They can be made in advance and frozen to be reheated later. Instead of using ramekins, you can use a good ceramic serving dish.

Serves 8

INGREDIENTS

1 lb Zucchini
2 med. sized red onions
2 eggs
2 handfuls of grated
parmigiano Salt, pepper

FOR THE RAMEKINS
butter and breadcrumbs

FOR THE BESCHAMEL
50 g. butter
50 g. flour
500 ml. milk

Slice the zucchini and onions in half-moon shapes and sauté them in olive oil. Make the béchamel by melting the butter then adding the flour and cooking until the flour is toasted but not colored. Remove from the heat and add the milk, stirring well, then place back on the heat and cook slowly until it thickens, stirring constantly. Remove from the heat and when it is tepid, add to the sautéed zucchini and onions with the eggs and the parmigiano and some salt and pepper. Coat the ramekins with butter and then dust with breadcrumbs. Add the zucchini béchamel mixture to the prepared ramekins and cook in a 355°F oven for 20 minutes until golden and firm.

If making with Kale instead of Zucchini, clean the kale, discarding the spine. Boil the kale in salted water until cooked then squeeze out all of the water and chop well. Sauté a thinly sliced red onion until softened then add the kale to the pan and cook over medium heat for a few minutes. When cooled, mix with the béchamel, eggs and parmigiano and put into ramekins. Cook as above.

