

COURGETTES:

Soon to be everywhere!

COURGETTE FRITTATA:

Grate one courgette into a bowl. Season with black pepper. Add two beaten eggs and stir well. Gently heat butter or oil in a non stick pan and then add the courgette and egg mix. Let it cook gently until it has set underneath. Grate over some cheese - a sharp Lancashire is ideal and pop pan under the grill (not the handle if plastic!) to melt cheese and set the top of the omelette. Allow to cool and slice into quarters. Great for lunch box.



Wild Card

Try wild water mint, you could also dress the salad up with some wild flowers such as daisies and clovers, and finely chop in the leaves of some oxeye daisies (which have a taste like fragrant but bitter cucumber skins).

COURGETTE SALAD:

Courgettes are really nice raw. Use a box grater or sharp knife to very thinly slice the courgettes into rounds, almost see through. Add a pinch of salt, a good grind of black pepper and then add fresh herbs such as mint, basil and dill, plus the grated zest of a lemon, lemon juice and a good glug of virgin oil, olive or rapeseed. Toss together and let it sit for 20 minutes before serving to allow the flavours to develop. You can add pasta and feta to this to make a main course salad or just have as an accompaniment.



EATING THE CANAL RECIPE CARDS



Eating the Canal is a project exploring the edible possibilities of The Super Slow Way Linear Park, a 20 mile stretch of the Leeds & Liverpool canal running from Blackburn to Pendle.

These recipe cards were invented when the tastebuds of a local group met with the luscious vegetables and produce at The Good Life Project, a space where therapeutic horticulture and food-growing are used to help isolated individuals in Nelson. The session was run by food campaigner, writer & cook Lucy Antal, and the cards put together in collaboration with artist & forager Hannah Fincham.

Can you add to our edible body of research by trying out these dishes, or inventing ones of your own using canal inspired ingredients? Share your creations using #eatingthecanal!

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