



Recipe of the Week

BEST ZUCCHINI SALSA

This is a great way to use up courgettes before they 'go marrow'

Ingredients

12 cups zucchini, chopped (mix of yellow and green)
4 cups chopped onion
2 red and 2 green capsicums, chopped
¼ cup salt
2 small cans tomato paste
8 cups chopped tomatoes
2 cups vinegar
1 cup brown sugar
2 tabs cornflour
2 teasp dry mustard
2 teasp crushed garlic
2 teasp ground cumin
1 teasp chilli powder

Method

1. Put zucchini, onions and capsicums in a bowl sprinkle with salt and stand overnight. Combine and add remaining ingredients in a large pot. Bring to the boil and simmer 10 minutes. Reduce heat and simmer for 1 hour. Pour into hot sterilised jars.

Recipe courtesy Cuisine, NZ Gardener 2016 Garden Diary