

It's Harvest Time!

This morning, my kitchen is the coziest place. . . I'm sitting at my computer writing to you all. . . a cup of steaming coffee to my left, a bouquet of hydrangeas and lilies to my right, and the sound of the first rainfall of autumn outside, familiar and sure. Yes, fall is here.

And here on the farm, fall means cider making, corn shucking, and Mom's drop-what-you're-doing-and-run-to-the-table ZUCCHINI SAUSAGE BAKE. And because I like you, I'll share the recipe. Now, mind you, given just a taste, a king's ransoms have been offered for the secret. So don't tell anyone else. . . unless you want to (smile)!

Now this recipe requires a really big zucchini. So if you don't have one in your garden, ask a friend to let one keep growing for you, about a foot or so.

ZUCCHINI SAUSAGE BAKE

Parboil a large zucchini (the size of a small boat or your largest turkey roaster) until just fork tender. This can be accomplished on the stove top or even in the oven. Don't cook until mushy, just fork tender. Then split lengthwise, scoop out the seeds, then gently scoop and cut out the flesh (be careful not to cut or scoop through the shell), cut into bite sized cubes and save in a separate bowl, reserve the shell of the zuke to later stuff and bake in.

Meanwhile, brown a pound or so of Hot or Sweet Italian sausage with a large onion and throw a cup or so of rice in and let it brown also. Now add a can of tomato sauce (soup can size) and an equal amount of salsa flavor/heat you prefer) and one cup of water. I usually add basil from the garden. Dried works well, about a teaspoon simmer until rice is done, about 20 minutes.

Add Such chunks to skillet and mix.
Salt and pepper to taste.

Place the shells into a roasting pan or 9 x 13 (plan ahead so they fit!) Now stuff the shells with the mixture, sprinkle generously with parmesan and bake for about 45 minutes at 350. During the last 10 minutes, you can cover the top generously with grated cheddar, mozzarella or whatever is on hand.

HAPPY HARVEST!

Pat Bergford



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