











It's that time of year when farmers and home gardeners don't know what to do with all the zucchini. Bigger isn't always better especially when it comes to zucchini. However, if you find yourself with plenty of large zucchini lying around your garden...don't fret...following is recipe I picked up along the way. It has many uses...in between layers of sponge cake, as a spread or packed nicely for gift giving. It will keep up to 3 months under refrigeration and freezing will definitely extend the life. I pulled some from the freezer last week made last summer...it was perfect.

Just to give you a little background on the preserves, it is used in many Sicilian pastries. Sicilians are noted for their desserts. I know first hand...my mother is of Sicilian background. Always at her side in the kitchen, I learned to bake before cooking. Still today, I love to bake. Feel free to email with any questions as you experience the challenge of conquering the zucchini.

Zucchini Preserves

2 pounds large ripe zucchini (beyond their time)
1 T. salt
3 cups granulated sugar
2 T. rose water
1-cup water

-  Peel and remove the seeds from the zucchini
-  Cut in ½ inch cubes, place in a colander and sprinkle with salt. Let stand for 1 hour to drain.
-  After the hour passes, rinse the salt from the zucchini and gently squeeze to remove any excess liquid.
-  Put zucchini in a large bowl and cover with water. Soak for 12 hours, changing the water 3 times.
-  After 12 hours, drain and gently squeeze the zucchini.
-  Transfer to a large saucepan and add the sugar, rose water and water.
-  Simmer for 50 minutes; stirring occasionally to prevent sticking until the syrup is thickened and the zucchini is clear in color.
-  Cool and store tightly covered.

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