



MAHARISHI AYURVEDA

HEALTH CENTRE BAD EMS

Since 1992



Zucchini boats with tomato sauce

Ingredients for 4 persons

Tomato sauce

- 8 tbsp. Ghee
- 1–2 tbsp. olive oil (optional)
- 1 pinch of Asafoetida (optional)
- 1 bell pepper, diced
- 1 carrot, cut into slices
- 1 celery stalk, cut into slices
- ½ bunch of parsley, minced
- 2 tsp. dried basil
- 1 tsp. dried thyme
- 1.5 kg of ripe, diced tomatoes
- 120 ml of water
- 2 bay leaves
- 1 pinch of black pepper
- rock salt
- 1–2 tsp. of sugar (optional)

Zucchini boats

- 4–6 zucchini or small pumpkins, depending on size
- 3 cups tomato sauce (see above)
- 8 tbsp. Ghee
- 1 pinch of Asafoetida (optional)
- 1½ tsp. dried basil
- ¼ tsp. dried rosemary
- 2 tsp. of fresh, chopped parsley
- 1 carrot, grated
- 1 celery stalk or some fennel, finely chopped
- 1 cup of dried bread cubes
- 50 g of chopped walnuts
- rock salt
- black pepper
- 1 cup of diced mozzarella or feta cheese

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This late-summer recipe can be prepared with zucchini (courgettes) or small pumpkins.

Home-made tomato sauce is a delightful surprise for anyone who only knows tomato sauce from a bottle. The amount of sauce you get depends on how long it is cooked. You can take the pot from the heat when the sauce is becoming thick, but still liquid. Or let it simmer until it has become a thick tomato paste.

Preparation of the tomato sauce

Slowly heat the Ghee with the asafoetida in a large saucepan on low heat. Add the bell pepper, carrot, celery and the herbs and sauté for five minutes. Add tomatoes, water, and bay leaves. Simmer gently with lid for about two hours. Stir occasionally. Finally, season with salt and pepper and cook for a few more minutes. If the sauce is too spicy, round it off with the sugar. If you like, add the olive oil over the finished sauce.

Preparation of the zucchini boats

Preheat the oven to 180 °C. Brush a casserole dish or a deep baking tray with Ghee. Halve the zucchini lengthways and hollow out. The removed flesh can be added to the filling. Place the zucchini halves next to each other and bake in the oven for 15 minutes.

Heat the Ghee in a pan and add asafoetida, basil and rosemary. Then add the parsley, the carrot and the celery or fennel. Cook over low heat and with frequent stirring until the vegetables are soft. Now add the bread cubes and walnuts to the vegetables and season with salt and pepper.

In the meantime, the pre-steamed zucchini have been taken from the oven, but keep the oven warm. Fill the mix of vegetables and bread cubes into the hollowed out zucchini. Spread the tomato sauce over it. Sprinkle with the cheese and bake for another 20 minutes.

Enjoy!

Recipe by Miriam Kasin Hospodar from "Heaven's Banquet"
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