

ZUCCHINI ROSETTES

with squash and parsnips



Prepared using the
HERITAGE SQUARE CASSEROLE



ZUCCHINI ROSETTES

- 3 zucchini
- 3 yellow squash
- 2 large parsnips, peeled
- ¼ cup butter, softened
- 1 tbsp. grated ginger
- 1 tbsp. lemongrass paste
- zest of 1 lime
- 1 tsp. fish sauce
- salt and pepper
- 2 tbsp. (4 oz.) toasted sesame seeds
- ¼ cup finely sliced chives

Serves: 6 Preparation: 40 minutes Cooking: 1 hour

INSTRUCTIONS

Using a vegetable peeler or mandoline, slice long, wide ribbons of zucchini, squash and parsnips. If using a peeler, peel as much as possible, rotating the vegetable a half-turn halfway through, leaving a small core of each vegetable for another use.

Heat a medium pot of salted water to a very slow boil. Blanch the vegetables separately, the zucchini and squash for 1 minute and the parsnips for 3 minutes. Drain completely and let cool.

Mix butter with ginger, lemongrass, lime zest and fish sauce. Chill in fridge.

Lay 36 zucchini or squash ribbons out flat lengthwise on a dry kitchen towel, working in batches if necessary. Top each with a ribbon of parsnip and two more alternating squash or zucchini ribbons. Then roll each stack into a “rosette.”

Preheat oven to 350° F. Lay each rosette into a Le Creuset Heritage Square Casserole with the spirals facing up. Dot with chilled butter and bake until butter is melted and tips of vegetables just begin to barely brown—not longer than 12–15 minutes.

Remove from oven. Garnish with sesame seeds and chives.