

Savoury Zucchini Bread

Utensils and equipment

* Kitchen scales



* Fork



* Chopping board



* Bread knife



* Chopping Knife



* Cooling tray



* Vegetable knife



* Measuring spoons



* 2 mixing bowls



* Grater



* Tablespoon



* Skewer



* Plate



* Spatula



* Measuring jug



* Loaf tin



Ingredients

* 240g wholemeal flour



* 250ml fresh milk



* 3 tbsp polyunsaturated margarine



* 1 egg



* 125g zucchini



* 1 medium onion



* 150g Edam cheese



* 2 tsp baking powder



* ½ tsp dried oregano



* ½ tsp baking soda



* 1 tbsp apple cider vinegar



Cooking time: 50 - 60 minutes

Number of servings: makes 1 loaf

Method

1. Weigh and measure the required ingredients.
2. Preheat the oven to 180°C.
3. Grease a loaf tin to prevent the bread from sticking.
4. In a small mixing bowl, combine milk and apple cider vinegar. Leave to set.



The milk will curdle and form buttermilk.

5. Wash and grate the zucchini.



6. In a large mixing bowl, combine the flour, baking powder, baking soda and dried oregano.

7. Melt the polyunsaturated margarine and mix it together with the egg and milk mixture.



8. Peel, wash and chop the onion and grate the Edam cheese.



9. Mix the grated zucchini, chopped onion and grated cheese with the milk mixture.



10. Add the liquid mixture to the dry ingredients. Stir just until combined.



Over mixing will result in a low-rising bread.

11. Pour the batter into the greased loaf tin.

12. Bake for 50 to 60 minutes or until a skewer inserted in the centre comes out clean.



13. Let the bread cool in the loaf tin for about 10 minutes, then transfer it to a cooling tray and allow it to cool further.

14. Slice the bread using a serrated knife.

Storage and shelf life:

- 2 to 3 days at room temperature
- 5 to 7 days in the refrigerator
- up to 3 months in the freezer

