

Zucchini with Anchovies
(Zucchine all'Acciuga)

INGREDIENTS:

Servings: 2 people

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|-------------------------------------|-----------|
| Small zucchini | 250 g |
| Good white-wine vinegar | 2 tbs |
| Freshly ground pepper | to taste |
| Lemon zest | 1 tsp |
| Juniper berries, crushed | 2 |
| Small mint leaves | 3 |
| Tin of anchovy fillets in olive oil | 1/2 |
| Olive oil | as needed |

Servings: 4 people

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|-------------------------------------|-----------|
| Small zucchini | 500 g |
| Good white-wine vinegar | 50 ml |
| Freshly ground pepper | to taste |
| Lemon zest | 1 tsp |
| Juniper berries, crushed | 4 |
| Small mint leaves | 6 |
| Tin of anchovy fillets in olive oil | 1 |
| Olive oil | as needed |

Servings: 6 people

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|--------------------------------------|-----------|
| Small zucchini | 750 g |
| Good white-wine vinegar | 75 ml |
| Freshly ground pepper | to taste |
| Lemon zest | 1 tsp |
| Juniper berries, crushed | 6 |
| Small mint leaves | 9 |
| Tins of anchovy fillets in olive oil | 1 1/2 |
| Olive oil | as needed |

Servings: 8 people

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|--------------------------------------|-----------|
| Small zucchini | 1 kg |
| Good white-wine vinegar | 125 ml |
| Freshly ground pepper | to taste |
| Lemon zest | 1 tsp |
| Juniper berries, crushed | 8 |
| Small mint leaves | 12 |
| Tins of anchovy fillets in olive oil | 2 |
| Olive oil | as needed |

Servings: 10 people

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|--------------------------------------|-----------|
| Small zucchini | 1 1/4 kg |
| Good white-wine vinegar | 150 ml |
| Freshly ground pepper | to taste |
| Lemon zest | 1 tsp |
| Juniper berries, crushed | 10 |
| Small mint leaves | 15 |
| Tins of anchovy fillets in olive oil | 2 1/2 |
| Olive oil | as needed |

Servings: 12 people

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|--------------------------------------|-----------|
| Small zucchini | 1 1/2 kg |
| Good white-wine vinegar | 175 ml |
| Freshly ground pepper | to taste |
| Lemon zest | 1 tsp |
| Juniper berries, crushed | 12 |
| Small mint leaves | 18 |
| Tins of anchovy fillets in olive oil | 3 |
| Olive oil | as needed |

TOOLS:

Chef's knife
Cutting board
Kitchen towel
Casserole dish
Wooden spoon
Slotted spoon
Non-reactive dish

PREPARATION:

Wash, trim and *slice zucchini* into 6mm thick rounds. Lay them out on a drain board, or the like, that is on a slight incline. Lightly salt the zucchini. Leave them for an hour, turn them, salt the other side and leave for another 2 hours, letting the water run off.

Wipe the zucchini free of the salt. Use a damp cloth if need be. In a casserole big enough to hold the zucchini later, mix the vinegar, ground pepper, the laurel, the zest, the juniper berries, and the mint leaves. Bring to a boil, cook for a few minutes, stirring, then add the zucchini, a few at a time. Cook for 5-7 minutes.

Remove the zucchini and place in one layer in a ceramic pan with 5 cm sides on it. Remove anchovies from tin, saving oil. Layer the anchovies, each in one piece, over the first layer of zucchini. Repeat as necessary. Drizzle more oil over all. Keep in a cool place overnight, or over the course of a few days. They can also be preserved in low, wide jars, by covering the ingredients in olive oil, and sealing jars, again keeping them in a cool environment for a month or more. The refrigerator will suffice, if every few days you bring out the zucchini, and allow them to come to room temperature.

This recipe was taken from the Journal of Italian Food & Wine © Harvest 1995.