



SHEDDER'S COOKBOOK

How often does your other (better) half complain that you don't support her by doing some of the cooking? Let's hope not too often.

This is a recipe that Tom Wolf was given by David Brem many years ago and has found easy to make and delicious.

We are reminded that you don't have to be a great cook (you heard about the army joke when the sergeant asked "Who called the cook a bastard? ...") but it is good to tempt fate at times and to prove victorious. This is one of Tom's favourite recipes.

ZUCCHINI PIE - Vegetarian dish serves the whole family

Ingredients:

- 3-4 medium/large zucchinis (peeled and diced)
- 3-4 medium/large carrots (peeled and diced)
- 1 white onion (diced)
- 5 eggs
- 1 cup self-raising flour
- 1/2 cup vegetable oil
- tasty cheese shredded
- salt & pepper



Method

- Mix all ingredients in a blender
- Pour into baking dish and top with grated cheese
- Bake at 180C for about 1 hour

Bon Appétit!

If you have a favourite recipe that you have actually made and would want to share with your mates, why don't you send it to us.