

THE NEW TREND: COURGETTI NOODLES

Courgetti noodles are thin strands of zucchini or the squash courgette that can take the place of noodles or spaghetti. They are a real time saver as they don't need very much cooking and can create that healthy dinner dish. If you wonder what a boodle, swoodle, or brocetti are, just keep the faith. They are only pasta shapes made from butternut squash, sweet potatoes, and broccoli. If you visit one of the trendy restaurants, you might be served cauliflower couscous or beetroot rice. Replacing carbs with a vegetable right now is "the cutting edge."

What tool can you use? A spiralizer is the most useful since it's easy to learn how to use it. It comes with several different cutting blades for making spaghetti and long curls, but be careful as the blades and spikes are sharp. You can also use hand peelers but the quality will not be the same.

There are many different brands available. Make sure that you use vegetables that are solid, without pits, excessive seeds, hollow centers, or lots of juice. It's also important to get vegetables that are about 1-1/2 to 2 inches wide and at least 1-1/2 inches long. If you don't have a spiralizer, you can use a peeler, cut wide strips, and then cut them lengthwise into thin strands.

The Cooking Process:

Boil it.....No

I'm sure that the first thing you might want to do is boil it. DON'T DO THAT! It works with pasta but not with zucchini that looks like pasta.

It already has lots of water in it. Some people cook regular pasta and then throw the veggie in at the end for 30 seconds, a half and half affair. Then strain and serve with sauce. That will work.

Blanch it.....Yes.....Healthiest way with no fat.

Put your courgetti noodles into a sieve; pour boiling water over to warm them; strain well before adding pesto, a topping, or sauce.

Frying.....Yes.....Very easy

Flash fry in small amount of oil for one or two minutes, and this will soften them. Remember do this fast.

Raw.....Yes.....Not cooked at all

It adds a fancy gourmet touch to salads or Asian dishes.

What can you do with your courgetti?

You can use them use them as pasta, ribbons in a stir-fry, soup, salads and even deep-fry as a garnish.

NEED SOME NEW IDEAS: How about spiralized veggie rice, make them into a spiralized bun, add to your breakfast frittata, stuff that burrito, spicy string snacks, a “cool” salsa, clever slaw, dress up that portobello melt, twirl in a wrap, stuff those peppers, design a dinner bowl supper, ambrosia fruit salad, new rice pudding dessert, or party parfait.

For More Information: see:

<http://www.olivemagazine.com/guides/gadgets/spiralizer-and-courgetti-guide-plus-healthy-spiralizer-recipes/>