

Spring Asparagus & Courgette Flower Scarpaccia

300g fine speared asparagus, *trimmed
1 red onion, very finely sliced
4 cloves garlic, crushed
1 dessertspoon extra virgin olive oil
2 tablespoons fresh thyme, finely chopped
1 generous sprinkle of chilli flakes
10-12 Courgette (male flowers) remove petals for use
& discard the stems
200g Self Raising gluten free flour (I used Doves Farm)
Salt and freshly ground black pepper
6 duck eggs
200ml milk
100g crumbled feta cheese
50g grated parmesan or pecorino cheese
Some extra virgin olive oil, for drizzling



A baking tin 22cm x 32cm lined with silicone non-stick baking paper - traditionally this is made in a larger flat tray (swiss roll size) but I decided to go a bit deeper frittata style.

Pre-heat the oven to 180°C/160°C Fan / Gas Mark 4 Scatter the Asparagus on the baking sheet. Mix the sliced onion and garlic in a spoon of oil before together scattering on top. Arrange in even but not-too-organized layer and sprinkle with chilli flakes and courgette flower petals. Combine flour and seasoning in a mixing bowl. In another large mixing bowl, whisk up, the eggs and milk. Whisk the dry ingredients into the eggs and stir in the Parmesan cheese then pour batter evenly over the asparagus all the way to the edges of the pan. Crumble with feta and drizzle with a little EVOO. Bake in the oven for 20-30 minutes until golden and puffed. Delicious served warm or cold. Great for picnics, lunches with salad or cut into cubes to serve with drinks.

* If you hold the asparagus in your hand and bend it, it will break naturally where the woody part starts. If you are using very fine asparagus you wont need to do this.

This is great served warm with salad or allow to cool and take for picnics and packed lunches. Cut into cubes and served with drinks.

