

Courgette bread

Ingredients

- 3 free-range eggs
- 250ml/9fl oz olive oil, plus extra for greasing
- 450g/1lb caster sugar
- 2 tsp vanilla extract
- 4 courgettes, coarsely grated
- 225g/8oz pineapple pulp
- 425g/15oz plain flour, plus extra for dusting
- 2 tsp bicarbonate of soda
- 1 tsp salt
- ½ tsp baking powder
- 1½ tsp ground cinnamon
- ¾ tsp freshly grated nutmeg
- 110g/4oz walnuts, chopped
- 170g/6oz raisins

Preparation method

1. Preheat the oven to 180C/350F/Gas 4.
2. Place the eggs into a food processor and blend. Add the oil, sugar and vanilla extract and blend again, until thick and foamy. Stir in the grated courgettes and the pineapple pulp.
3. In a separate bowl, mix together the flour, bicarbonate of soda, salt, baking powder, cinnamon and nutmeg. Add the dry ingredients to the wet ingredients a third at a time, gently folding with a rubber spatula after each addition. Add the walnuts and raisins and stir.
4. Grease two 12.5cm x 20cm/5in x 8in loaf tins and dust with flour. Divide the batter equally between the tins.
5. Transfer to the oven and bake for about an hour, or until a skewer inserted into the centre comes out clean. Cool in the tins for ten minutes, then turn out onto wire racks to cool completely before serving.

less than 30 mins

preparation time

1 to 2 hours

cooking time

Makes 2 loaves

By John Barrowman
From Taste of My Life