

Pumpkin – Citrouille

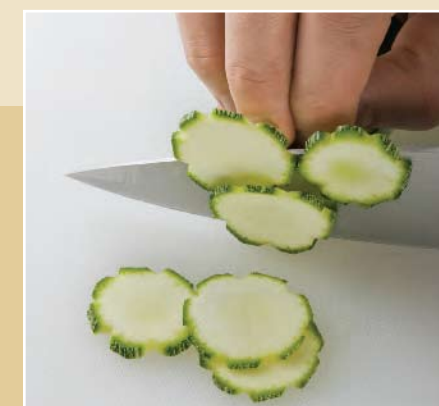
The **pumpkin** is pulpy, possessing a very thick skin, and is considered to be a winter squash. The flesh has a softened sweetness and its seeds are exquisitely nutty in flavor.

Zucchini – Courgette

The **zucchini** fruit is mild, sweet, and takes on the flavors of whatever it is cooked with. The flavor and quality of zucchini will decline as the fruit matures. Zucchini has a thin, smooth skin with cream-colored flesh and a varying amount of seeds. The skin can be either yellow or green and will sometimes have grayish-green or yellow-green striations. Zucchini can be eaten raw, baked, grilled, or sautéed. The zucchini flower is even more flavorful than the fruit itself, possessing a rich and savory taste. Zucchini flowers are used in salads, deep-fried, or used as a garnish for cooked zucchini.

Zucchini Canneler Émincer

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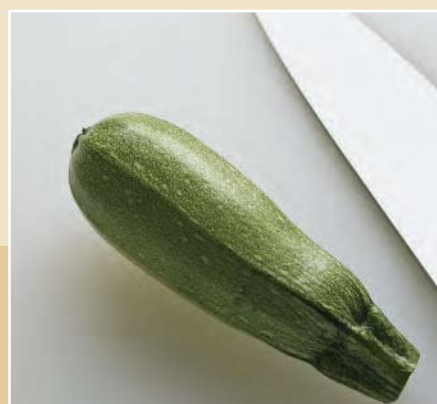


7 Place on the cutting board and cut into thin slices.



8 Zucchini Canneler Émincer

Zucchini Canneler Émincer



1 Rinse the zucchini to remove any dirt.



2 Trim off the ends of the zucchini.



3 Holding it firmly, place the tooth of the channeling knife at the cut end.



4 Firmly pull toward you.



5 Continue to the other end, cutting as straight as possible.



6 Continue around the zucchini.

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Zucchini Tonnelet



1 Cut whole zucchini to desired length.



2 Using a melon baller, carefully scoop out the flesh leaving a 3-4 mm border.



3 Continue scooping, keeping the walls even.



4 Do not scoop too far, there should be at least 1 cm of flesh at the bottom.



5 Zucchini are now ready for filling.