





# Marrow

The marrow is related to the cucumber family and is sometimes called squash marrow. Young, smaller marrows taste sweet and nutty whilst older, larger marrows absorb other flavours well so are a cheap bulking vegetable to use in soups, stews and curries.

1 portion = ¼ large marrow

Recipe  
developed by  
Meryl O'Shea,  
Community Chef

## How to prepare

Cut stalk and base off the marrow, then peel. Slice in half lengthways and scoop out seeds from the centre. Chop or slice the soft whitish flesh.

## How to cook

Marrow can be boiled, steamed or roasted but can taste quite bland when eaten on its own. Try the following recipe ideas which add lots of flavours for the marrow to absorb.

## Recipe ideas

- **Stuffed marrow:** slice a marrow in half lengthways and scrape seeds from the middle. Place halves on a greased baking tray. Stir-fry chopped onion, pepper and garlic. Add 1 cup of chickpeas, 1 cup of cooked rice or couscous, a sprinkling of herbs or spice and ground pepper. Sprinkle with grated cheese and roast for 25 minutes.
- **Marrow with tomato and onion vegetable dish:** fry 2 onions in a knob of butter until soft and add cubed marrow after removing seeds and skin. Cook for a few minutes and then add tinned tomatoes or skinned fresh tomatoes, herbs and seasoning to taste. Cover and simmer until vegetables are tender (around 30 minutes).



change  
4 life

