Ingredients\n

Large zucchini or marrows\n

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Instructions\n

Wash and cut the zucchini into 3 or 4 chunks, as shown below, then remove all the seeds from the middle, without cutting through the flesh of the vegetable. \n

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Next, cut into thin slices, and slip onto a clean dowel. \n

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Tips: \n

Use a large knife and be careful, these zucchinis can get very hard. \n

 If you live somewhere dry, like here in California, you can dry these in the sunshine. \n

If you are somewhere more humid, or rainy, you may have to resort to a convection oven's "dehydrate" setting, or an actual dehydrator. \n

If the zucchini are mostly dry from outside, just finish drying them in an oven that is just warm, until completely dry (or they will become moldy.) \n

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Now pack zucchini away in an airtight tin, or ziploc bag removing as much air as possible. \n