



today's main ingredient

A  LOCAL FOOD PODCAST



Fried Zucchini

*This method creates a brittle, thin crust that doesn't fall off and doesn't soak up oil like a sponge.
This same batter works for frying squash blossoms.*

INGREDIENTS – 4 to 6 servings

1 cup pound fresh zucchini
2/3 cups flour
Vegetable oil
Salt

STEP 1 – Clean the zucchini; trim away the ends and cut lengthwise into slices about 1/8-inch thick.

STEP 2 – Put 1 cup water in a shallow bowl; then gradually add the flour, shaking it through a strainer. With a fork, beat the mixture. When the flour has been mixed with water, the batter should have the consistency of sour cream. If it is thinner, add a little more flour; if it is thicker, a little more water.

STEP 3 – Pour enough oil into a skillet to come 1/2 an inch up its sides and turn on the heat to high. When the oil is quite hot, drop the zucchini slices, a couple at a time, into the batter. Slip a fork under the slices, and one at a time slide into the pan. The oil should be hot enough to sizzle. Do not crowd the pan, which may require cooking the slices in batches.

STEP 4 – Cook until a fine, golden crust forms on one side, and then turn the slices over. When golden on the second side, transfer with a slotted spoon or spatula to paper towels. Sprinkle with salt and serve piping hot.