



Fiori di Zucca Fritti

Fried Zucchini Flowers

INGREDIENTS

- 18 zucchini flowers, freshly picked
- 1 cup 00 (double zero) flour, sifted
- 1/2 cup sparkling water, refrigerator cold
- 2 Tablespoons grated parmigiano
- 3 fresh basil leaves, chopped
- Salt and pepper to taste
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- Vegetable oil for frying



NONNA'S TIPS

- When choosing zucchini flowers on the plants, try to pick fairly new buds not buds that are fully opened. The new buds are firmer and cleaner.
- Some people prefer not to use water to clean the flowers. If you choose not to use water, just clean any dirt or debris with wet paper towel.
- My secrets to a more flavorful batter is the addition of grated cheese and chopped basil. In fact, both raise the level of flavor to this recipe, especially since the zucchini flowers are very mild in taste.
- Using a deep frying pan helps avoid oil splattering all over your stove.

DIRECTIONS

- Clean flowers very gently by running each under a trickle of water.
- Carefully pat dry with paper towel.
- Remove the little green leaflike pieces at the stem.
- Also remove the pistil (the inside piece) from each.
- It's fine to leave a little bit of the stem on each flower.
- Make batter by placing the flour in a bowl.
- Add grated cheese, basil, salt and pepper to taste.
- Make a well in the center.
- Add cold sparkling water, a little at a time, mixing well to avoid lumps.
- You should end up with a smooth batter, similar to pancake batter.
- Line a cookie tray with paper towels and place near frying area.
- Place about an inch deep level of oil in frying pan.
- When oil reaches a temperature between 350 to 375F, you can begin frying.
- Gently dip one flower at a time in the batter, making sure to cover all sides.
- Drip excess batter by holding flower vertically over bowl.
- Carefully place each battered flower in frying pan until all space is taken.
- Do not overcrowd pan.
- When one side is golden, flip over.
- Remove when both sides are done.
- Place on prepared cookie sheet to drain.
- Continue until all flowers are cooked.
- Place flowers on a serving platter and serve warm.
- They go well with a glass of cold white wine or any summer drink.