Stuffed Zucchini Flowers and Zucchini Fritters
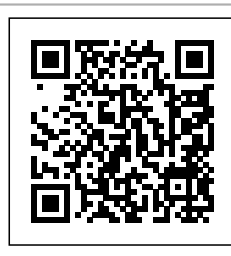

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Recipe by: Laura Vitale

Makes a couple dozen

Prep Time: 20 minutes
Cook Time: 15 minutes

Ingredients

For the batter:
__1 cup of All Purpose Flour, plus more for the fritters
__1 tsp of Instant Yeast
__1 tsp of Salt
__1 Egg
__1 cup of Warm Water
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Additional Ingredients:
__Zucchini Flowers, washed and trimmed (see video)
__Ricotta
__Provolone
__Zucchini, really thinly sliced (see notes)
__Canola Oil or Light Olive Oil for shallow frying

1) In a bowl, whisk together the flour, salt and yeast, add the egg and water and stir with a fork just long enough for a batter to form (should feel like pancake batter but not too runny) cover with plastic wrap and let it rest a couple of hours.

2) Place about 1 inch of oil in a large skillet get it nice and hot over medium heat. Stuff each zucchini flower with a little ricotta and some provolone (it's really best to watch the video so you can clearly see how this is done).

3) Dip the stuffed flowers in the batter, shake off and sort of brush off any excess batter, add to the hot oil and cook for a minute or two on each side or until golden brown, remove to a paper towel lined plate, season with a pinch of salt and set aside while you finish the rest.

4) If you have batter left over, add an additional 1/4 to 1/2 cup of flour (you want the mixture to be slightly thicker) stir in some thinly sliced zucchini and drop spoonfuls of this mixture in the hot oil, cook for a couple minutes per side and drain on a paper towel lined plate (salt as well). Serve both nice and hot!

NOTES: if you plan on frying more than about 20 stuffed flowers, you won't have batter left to make the fritters, but if you plan on frying just about 10, then you can make a dozen small fritters. Whichever size zucchini you plan on using just make sure you slice them really thin and if you're using bigger ones, make sure you remove as much of the center/seeds as possible.