

BLOOMIN' MARVELLOUS



ZUCCHINI BLOOMS in BATTER

Zucchini flowers fried with a light coating of crisp tempura batter make a delicious, quick entree.

Remove stamens then dip flowers in a light batter made with:-

1 cup plain flour,

1 egg

3/4 cup ice-cold water

Deep-fry in light olive oil until golden.

Serve immediately.

ZUCCHINI Flower Fritters

A melting cheese and ham filling is scrumptious inside the delicate flower fritter.

The following quantity will fill about 12 large zucchini flowers.

Mix:-

100g ricotta and 100g tiny cubes of mozzarella cheese with 50g chopped prosciutto ham.

Season with salt, pepper and nutmeg.

Open flowers gently on one side

Remove stamens

Fill with cheese and ham mixture.

Close the flower petals around the filling

Dip them in the tempura-style batter and deep-fry briefly until golden.