



by Michelle

The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

Deep Fried Zucchini Blossoms -adapted from *The River Café "Classic Italian" Cook Book*
Makes 12

12 zucchini or small squash blossoms

½ cup Tipo 00 flour - available in Italian grocery stores

1/3 cup extra virgin olive oil

Warm water

1 egg white

½ teaspoon sea salt

3 cups sunflower oil

Grated parmesan for dusting

Mix flour and salt in a medium sized bowl.

Add oil and stir to make a thick paste.

Loosen paste with warm water until mixture resembles a crepe batter.

Let batter sit for 30 minutes.

Beat egg white until it holds stiff peaks.

Gently fold into flour batter.

Heat sunflower oil in a large deep frying pan.

Use a cooking thermometer to heat oil to 350°F

Dip the blossoms into the batter.

Drop them into the hot fat and fry until golden. *Approximately 2 minutes per side*

Turn over and repeat. *Don't crown the blossoms so fry in batches of 4*

Remove from oil with a slotted spoon and drain on paper towel.

Serve immediately sprinkled with grated parmesan.

THE LOVE: Make sure you give the batter the 30 minutes to rest to ensure it's light and crispy when fried.