

Brads Produce

Zucchini Flower Recipes

Store- In refrigerator, in plastic container or plastic bag.

Wash- Gently under water and pat dry.

Prepare- Gentle open flowers and remove stamen.

Stuff flowers- Spoon in mixture or use pastry bag with wide nozzle.

Potatoe & Bean stuffed Zucchini flowers

Serves 4 to 5
16 Zucchini flowers
60gms String beans
1 med Zucchini
1 large Potatoe
½ Clove garlic, minced
1 Egg
½ cup Grated Parmesan cheese
1 tblp Butter
¼ cup Extra virgin olive oil
4 Basil leaves, minced
Salt and pepper

Boil the zucchini, beans and potatoe. Put all three vegetables in food blender, until smooth creamy mixture. Combine mixture with grated cheese, egg, herbs, and work in the butter. Gently open flowers and stuff with mixture, then twist ends to close flowers. Heat oil in a pan. Cook flowers until golden brown on both sides. Serve immediately.

Ricotta Stuffed Zucchini Flowers

Serves 4 to 5
16 Zucchini flowers
450gm Ricotta cheese
1 Onion, finely chopped
½ cup Pine nuts, finely chopped
½ cup Parmesan cheese, grated
½ tsp Ground pepper and Salt
2 tbl Fresh Basil, finely chopped
1 tsp Butter

Mix, cheeses, onion, pine nuts, salt, pepper and basil. Open and stuff the flowers with mixture. Twist end of flowers to close. Melt butter and drizzle over flowers. Cook at 350 F in oven for 15 minute or until golden brown. Serve immediately.

Battered Zucchini Flowers

Serves 4 to 5
16 Zucchini flowers
500ml milk
3 tbl plain flour, sifted
1 Egg, lightly beaten
Salt, pinch
Olive oil, for frying

Mix the flour, salt, egg and gradually add the milk. Heat the oil in frying pan. Dip the entire flower and zucchini in the batter and shallow fry until golden brown. Drain on absorbent paper and serve immediately.

Zucchini Flowers with Tomato Puree

Serves 4
12 Zucchini Flowers
1 cup Goat Ricotta cheese
1 Egg
¼ tsp Nutmeg
Salt and pepper
450gm Fresh tomatoes or cherry tomatoes
½ cup Extra virgin olive oil
8 Basil leaves
2 tsp virgin olive oil

Mix goat cheese, egg, salt, pepper and nutmeg. Gently open the flowers, stuff with mixture and twist the top of the flower to close. Roughly chop the tomatoes. In a food blender place tomatoes, extra virgin olive oil & basil leaves. Blend until smooth. Pour into a bowl through a strainer. Heat oil in a frying pan, cook until golden brown on both sides. Serve immediately and pour tomato puree over flowers.