



Garden Fresh Farm Recipes

Stuffed Fried Squash Blossoms

These gorgeous RizzieFarms fried squash blossoms stuffed with ricotta and herbs are a farm fresh crispy, delicious summer side dish. We also used pumpkin blossoms, as shown. They are larger and easier to handle.

Ingredients:

For the filling:

- 14 to 16 zucchini squash blossoms (pumpkin blossoms)
- 2 cloves garlic
- 6 large fresh basil leaves
- 1 tablespoon fresh mint leaves, dill, or chives
- 3/4 cup whole-milk ricotta cheese
- 1/2 cup cheese, such as grated Parmesan, crumbled fresh goat cheese, or shredded low-moisture mozzarella
- 1 large egg
- 1 tablespoon lemon juice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

For the batter:

- 3/4 cup cold seltzer, club soda, or light-colored beer
- 1/2 cup all-purpose flour
- 1/2 teaspoon kosher salt
- 1 1/2 cups vegetable oil, for deep-frying

Directions:

Prepare the blossoms. Trim the stems from 14 to 16 squash blossoms. Remove the stamen inside the blossoms. Gently rinse to remove any potential dirt or debris. Place on paper towels or a kitchen towel to dry.

Chop the aromatics. Prepare the following, placing them in a medium bowl as you complete them: Mince 2 garlic cloves (about 1 tablespoon). Finely chop until you have 2 tablespoons fresh basil and 1 tablespoon fresh mint, dill, or chives.

Make the filling. Add 3/4 cup ricotta cheese, 1/2 cup cheese of choice, 1 large egg, 1 tablespoon lemon juice, 1/2 teaspoon kosher salt, and 1/4 teaspoon black pepper. Whisk until combined.





Garden Fresh Farm Recipes

Stuff the zucchini squash blossoms. Transfer the filling into a piping bag or a large zip-top bag with the tip cut off. Gently open each squash blossom and pipe the filling inside. Fill to just below where the petals begin to separate, 1 to 1 1/2 tablespoons each. Twist the open end of each blossom to prevent the filling from falling out.

Heat the oil and make the batter. Fill a large heavy-bottomed, high-sided skillet with 1/2-inch oil (about 1 1/2 cups) and heat the oil over medium-high heat to 375°F. Place 3/4 cup seltzer, club soda, or light-colored beer; 1/2 cup all-purpose flour; and 1/2 teaspoon kosher salt in a medium bowl and whisk until smooth. (The batter will be thin.)

Dip and fry the blossoms. Working in batches of 5 to 6, dip each blossom into the batter one at a time. Add to the oil and fry, flipping once, until golden-brown, about 2 minutes per side. Use a slotted spoon to transfer the fried blossoms to a paper towel-lined plate to drain. Repeat dipping and frying the remaining blossoms, making sure the oil is at 375°F for each batch.

