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A sweet, savory, buttery, green and healthy food blog by Sanura Weathers

## FRIED ZUCCHINI FLOWERS STUFFED WITH RICOTTA CHEESE

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Take a break from green salads, and fry a few ricotta and herb stuffed zucchini flowers in a better quality cooking oil for a cleaner taste. Recipe originally at <http://blog.sanuraweathers.com/2011/08/fried-zucchini-flowers-ricotta-cheese>. **Questions or comments about this recipe? Email [Sanura@MyLifeRunsOnFood.com](mailto:Sanura@MyLifeRunsOnFood.com)**

### *Ingredients*

16 to 20 zucchini flowers  
1-cup flour  
1 tsp. sea salt  
1 tsp. fresh black pepper  
1/8 tsp. nutmeg  
A dash celery seed  
1/2 tsp. sugar  
3/4-cup water, room temperature (I've seen recipes using wine and beer, too)  
Cayenne pepper; to taste  
2 large eggs  
1-cup organic, whole milk ricotta  
(Optional) The zest of one lemon  
2 to 2 tbsp. minced fresh oregano (or any minced fresh herb)  
1 small shallot; minced  
Sea salt & black pepper; to taste  
Neutral oil; as needed (recommend expeller-pressed sunflower, grapeseed, or peanut oil)

### *Directions*

1. To clean the zucchini flowers, snap or cut off stems. Cut a small slit lengthwise to remove the bulbous, yellow stamen. Lightly rinse to clean flowers of grit and the occasional bug. Let dry completely.
2. To make the batter: Whisk flour, sea salt, black pepper, nutmeg, celery seed, sugar, water, and cayenne pepper together. Let rest for at least one hour. Whisk in the first egg before dipping the stuffed zucchini flowers.
3. To make the ricotta stuffing: Mix cayenne pepper, the second egg, ricotta, lemon zest, oregano, shallot, salt, and black pepper thoroughly. Set aside.
4. To stuff the flowers: Place about teaspoon (more or less depending on the size of the flower) of the ricotta stuffing at the base of each flower. Twist the leaves to cover the stuffing and place aside. Repeat with the other flowers.
5. Fill a large skillet with oil to a depth of about 1 inch. Heat over a high temperature.
6. When the oil is hot, working quickly and gently, dip each flower into the batter. Place the flowers into the hot oil. Work in batches to prevent overcrowding. After a few minutes, when the bottom is golden brown, turn the flower over to cook the other side. When the flower is golden brown on both sides, remove to a paper towel-lined plate.
7. Sprinkle with a sea salt and black pepper. Enjoy quickly, because they don't store well over time.

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