

Zucchini flowers with ricotta (for 12 flowers)

Ingredients

- ♥ 12 flowers, carefully washed (the blossoms are very delicate)
- ♥ 250 g ricotta
- ♥ 2 eggs
- ♥ 2 t.s. fresh dill, finely chopped
- ♥ lemon zest of 1 lemon, finely grated
- ♥ 2 t.s. semolina (durum wheat flour, white flowers are an option too, the key is to have a neutral taste)
- ♥ sea salt & white pepper to taste
- ♥ 3 t.s. extra virgin olive oil (EVOO)

Utensils

- ♥ Large non-stick pan
- ♥ Oil brush, scissors & thin wooden spatula for the pan

Preparation steps

- ♥ In medium-size bowl mix ricotta, 1 t.s. dill, 1 t.s. EVOO and a pinch of sea salt, to a tender cream
- ♥ In small bowl separate half of the egg white (from 1 egg)
- ♥ In soup plate beat the eggs with 1 t.s. dill, lemon zest, pinch of salt and white pepper
- ♥ In small bowl pour the semolina for rolling the stuffed flowers
- ♥ With scissors carefully cut the flower (along the long side) and open it. Place 1 generous teaspoon from the cream and close the flower
- ♥ Once all the flowers are stuffed, seal the flowers at length, brushing the open sides with some egg white
- ♥ Roll in the flour and place them on a big plate
- ♥ Heat the pan and spread 1 t.s. of EVOO with a brush, reduce the heat to medium. Dip the flowers in the egg mix and place 6 pieces on the pan. Sautee on all sides for 3-4 min. until golden. Repeat the procedure with the remaining 1 t.s. of EVOO and zucchini flowers. Watch out the heat level and reduce it further if needed

The flowers pair fantastically with spring/summer greens salad with cucumber, radishes, dill and balsamic vinaigrette

More ideas & recipes on www.mypureolive.com

