

Fried Squash Blossoms

Ingredients

Blossoms

- 12 to 16 squash blossoms, freshly picked when fully open

Batter

- 1 cup flour
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 egg, beaten
- 3/4 cup cold water or beer

For Frying

- Vegetable oil or lard for deep frying (2 to 3 inches depth)
- Salt for serving

Instructions

1. Pick blossoms when fully open, ideally in the morning before they begin to close.
2. Gently remove the stamen or pistil from inside each blossom. Shake gently to remove any insects. Do not wash if possible - if necessary, wipe gently with a damp cloth and dry thoroughly.
3. Whisk together flour, salt, and pepper. Add beaten egg and cold water or beer; stir until a smooth, thin batter forms. Do not over mix. Refrigerate batter for 15 minutes if time allows.
4. Heat oil or lard in a deep pan to 350 to 375°F.
5. Dip each blossom in batter, allowing excess to drip off.
6. Fry in batches - do not crowd the pan - for 2 to 3 minutes per side until golden and crisp.
7. Drain briefly on paper or a clean cloth.
8. Serve immediately with salt.

Fried Squash flowers

Pick when Blossom full open
Remove the inside of Blossom
Dip in Batter
Deep fry
Serve with salt

