



## **Fried Zucchini Po Boy**

*You won't believe the flavor of this inspired vegetarian classic sandwich*

1 pound baby zucchini, sliced on a bias  
2 teaspoons kosher salt

### **Breading:**

1 1/2 cup grated Parmesan Cheese (optional)  
2 cups Panko or other Japanese Breadcrumbs

### **Seasoned Egg Wash:**

2 large eggs  
1/2 cup water  
1 teaspoon (each) chili powder; garlic powder; onion powder  
1 teaspoon (each) paprika; cayenne red pepper

### **Frying and Assembling:**

3/4 cup all-purpose flour  
2 quarts vegetable oil, or as desired for frying  
2 Hoagie buns or 2 small loaves of New Orleans French Bread

Mayonnaise as desired  
2 medium size yellow and red tomatoes, sliced  
5-ounce package baby lettuce, sliced into strips

**To Serve:** As desired mayonnaise, pickles, and your favorite hot sauce.

**DIRECTIONS:**

**Slice Baby Zucchini:** Wash and cut off the end pieces of the zucchini. Slice the baby zucchini on a bias/diagonal into pieces that are 1/8 inch thick and 2-3 inches in length. Set aside the unused pieces for another use. In a medium bowl, season the diagonal slices with the measured kosher salt and toss to distribute. Allow 15 to 20 minutes for salt to soften zucchini pieces.

**Breading:** Combine the Parmesan and breadcrumbs in a medium bowl. Toss them together to combine.

**Seasoned Egg Wash:** In a separate bowl, whisk together the eggs, water, chili powder, garlic powder, onion powder, paprika, and cayenne.

**Breading the Zucchini:** Add flour to bowl of zucchini; toss well to coat the slices evenly. Working in batches, shake off any excess flour from a handful then transfer them to the egg wash. Be sure they are fully covered and that the seasoned egg wash adheres before gently lifting them and allowing them to drain for a few seconds.

Transfer the wet slices to the breadcrumb and cheese mixture. Coat slices; pressing the crumbs into the sides. When slices are completely coated, gently shake them in your hands to remove any loose crumbs before transferring them to a paper towel lined baking tray. Repeat this breading process with all of the zucchini slices.

**Before Frying:** Prepare a tray or plate with a rack or paper towels to drain the zucchini once it is fried  
Add the vegetable oil to a 3 or 4 quartt sauce pot or deep fryer with basket; heat vegetable oil to 375°F for frying.

**Toasting the Bread or Rolls:** While the oil is warming, use any method to toast the inside of the hoagie buns. Once they are toasted, reserve them in a warm spot.

**Frying the Zucchini:** When the oil has reached 375°F, using a wire spider or basket, fold the coated zucchini into a U shape and place them onto the spider/basket individually to hold their shape. Place additional shaped/folded zucchini pieces onto the spider/basket until full and place gently into the hot oil. Fry the pieces for about 1 ½ - 1¾ minutes or until they are golden brown and crispy. Drain the pieces on the prepared surface, then heat the oil again until it reaches 375°F before continuing with the next batch. It is helpful to skim the oil with a fine mesh strainer in-between batches or if using a deep fryer basket, shake any loose crumbs from the basket into a sink to avoid burnt crumbs. If desired, lightly season the hot zucchini with a light sprinkle of salt.

#### **TO ASSEMBLE:**

To assemble the sandwich, generously spread mayonnaise on the inside of the buns. Shingle the slices of tomato on one side then top them with the sliced lettuce and, if desired, chopped sliced pickles. Transfer crunchy hot zucchini to sandwiches; serve immediately. Accompany the sandwich as desired with additional mayonnaise, pickles, and your favorite hot sauce.

Prep Time: 30 minutes Cook Time: 30-45 minutes

**Servings:** 2 sandwiches

**Cook's Notes:** We eliminated the pickled wax beans and used pickles on the sandwiches as a substitute.

**Recipe by:** Source: Culinary Vegetable Institute; Original Recipe on: <https://www.chefs-garden.com/recipes/july-2020/fried-zucchini-po-boy>

**About the Recipe:** A good Po' Boy is a thing to behold. Trying to make an inspired copycat sandwich using vegetables was a challenge. We think we've found a delicious alternative. For Midwestern folks, this is an honest celebration of summer, using mini zucchini for the usual seafood. After making the recipe through once, consider varying the dish by opting for a more traditional cornmeal breading for the breading.