



Cornbread Stuffed Zucchini Blossoms

Summer's hushpuppy snacks

1/4 cup orange corn flour or finely ground cornmeal

1/4 cup and 1 Tablespoon all-purpose flour

3/4 teaspoon granulated sugar

1/2 teaspoon baking powder

1/8 teaspoon baking soda

1/8 teaspoon salt
2 Tablespoons finely diced zucchini
2 Tablespoon finely chopped cooked corn kernels
1 garlic clove, minced
1 small egg, separated
1/8 teaspoon cream of tartar
1/3 cup buttermilk or sour milk
1-1/2 Tablespoons unsalted butter, melted
10 squash blossoms
10 long chives
1 quart vegetable oil for frying
1/4 cup all-purpose flour as needed
Garnish: Flaked Sea Salt as desired; zucchini slices; corn kernels

Combine Dry Ingredients: In large bowl, stir corn flour, all-purpose flour, sugar, baking powder, baking soda, and salt. Add zucchini, corn, and garlic. Set aside.

Combine Wet Ingredients: In a mixing bowl, whisk egg white and cream of tartar; whip to stiff peaks. In a separate bowl, beat the egg yolk, buttermilk, and melted butter. Pour the egg yolk mixture into the flour mixture; fold together, eliminating any dry spots.

Mix the Batter: Add a third of the egg whites to the batter; fold in the remaining egg whites.

Stuff the Blossoms: Place batter into a piping or resealable plastic bag with the corner snipped off. Open zucchini blossoms starting at the bottom, and drape leaves over empty egg carton depressions to stabilize and make it easier to fill. Pipe about 1-1/2 Tablespoons of batter into center of each zucchini blossom; twist the top; tie top with chives to enclose the batter.

Heat Oil: In a wide, shallow saucepan, heat the oil to 320 degrees F. Set up a rack atop a baking sheet or line the rack with paper towels; set it near the stove.

Fry the Stuffed Blossoms: Place 2 to 4 Tablespoons flour in a shallow bowl. Working in batches, lightly dust the stuffed zucchini blossoms with the flour and transfer to the hot oil. Fry the zucchini blossoms, turning occasionally until the blossoms are golden-brown and a cake tester or

paring knife inserted into the middle of the filling comes out clean, about 3 to 5 minutes. Using a slotted spoon, transfer the blossoms to the rack to drain. Season with a little sea salt and serve. Yield: 10 squash blossom snacks

Cook's Note: I divided the original recipe in half. Squash blossoms are different sizes. Our squash blossoms were small, so I did have some of the batter left over. I added some hot sauce, additional diced zucchini and corn to the remaining batter and fried them like hushpuppies. Filling the blossoms with a batter is a little challenging but worth the effort.

Recipe Inspired by: The Chef's Garden; The Culinary Vegetable Institute

About the Recipe: The blossoms are filled with a cornbread batter and flecks of zucchini and corn. They can be served with honey butter or even with hot sauce. The filling is a real surprise. Enjoy this unusual recipe.