

Zucchini fritters with brocciu, mint and lemon sauce

Recipe for 12

Description

Light, golden zucchini fritters made with an airy batter of whipped egg whites, served with a fresh brocciu, lemon and herb sauce.

Note

You can make this recipe gluten-free by replacing the wheat flour with chestnut flour. If you cannot find brocciu, replace it with ricotta, ideally sheep's milk ricotta.

When separating the eggs, make sure no trace of yolk gets into the whites. The fat in the yolk would prevent the whites from whipping properly. Well-whipped egg whites incorporate more air into the batter, resulting in lighter, airier fritters.

Ingredients

For the fritters

- 300 Gr Zucchini
- 150 Gr Flour
- 130 Ml Milk
- 2 Unit(s) Egg
- 35 Ml Olive oil
- 6 Gr Baking powder
- Salt and pepper

For the brocciu sauce

- 1 Unit(s) Onion
- 1 Unit(s) Lemon
- 50 Gr Brocciu
- 4 Sprig(s) Parsley
- 2 Sprig(s) Mint
- 50 Ml Olive oil
- Salt and pepper

Preparation

- Preparation time **30 mins**
- Resting time **15 mins**

Mise en place

- Wash the zucchini, then cut it into a fine julienne, using a mandoline if desired.
- Zest the lemon, then squeeze it to extract the juice.
- Finely chop the parsley and mint.
- Separate the eggs, keeping the whites and yolks apart.

Fritters preparation

In a bowl, whisk the egg yolks with the milk and olive oil.

Add the flour and baking powder, then mix until the batter is smooth.

In another bowl, whip the egg whites to stiff peaks, then gently fold them into the first mixture using a spatula.

Add the julienned zucchini and mix gently. Let the mixture rest in the refrigerator for 15 minutes.

For the sauce

Finely grate the onion.

In a bowl, combine the brocciu with the grated onion, lemon juice and zest, chopped parsley and mint, then the olive oil.

Season with salt and pepper, then mix until the sauce is smooth.

Cooking the fritters

Heat the deep fryer. Using two tablespoons, shape small portions of batter and carefully lower them into the hot oil to avoid splashing.

Fry the fritters until golden brown on all sides.

Drain for a few seconds, season lightly with salt, then place on a tray lined with paper towel. Repeat with the remaining batter.

Plating

Divide the brocciu sauce among the tapas plates.

Arrange the zucchini fritters over the sauce and serve immediately.

Bon appétit!