

Fried Zucchini

We first tried this recipe in May 2016 and we loved it. The breadcrumbs make this have a great texture and crunch that we didn't get from other recipes we tried. It is fine to use water instead of beer as I can't seem to taste the difference since we mostly are dipping it in sauce anyway. The temperature of the cooking oil is important to cook it fast enough without being too soggy, so use a thermometer to get it right. On my stove power 8 works well.

Ingredients

9-10 zucchini, medium sized
1 cups flour
1 1/8 cups water
1 teaspoon salt
1/2 teaspoon ground pepper
5 cups panko breadcrumbs
Grated Parmesan Cheese
(optional)

Ingredients

9-10 zucchini, medium sized
1 1/4 cups flour
12 ounces beer
1 teaspoon salt
1/2 teaspoon ground pepper
5 cups panko breadcrumbs
Grated Parmesan Cheese
(optional)

(You can easily halve this recipe – it makes so much it is hard to use it all)

Directions

1. Wash and cut the ends of the zucchini. Cut each zucchini in quarters lengthwise to make 4 long zucchini sticks/spears per whole zucchini.
2. In a shallow bowl, mix flour with salt and pepper. With a fork, combine beer with flour until well blended. In another wide and shallow bowl or pan, add half of the breadcrumbs. Prepare a plate or baking sheet by lining it with paper towels.
3. In a large frying pan, add enough oil until it's about 1 1/2" deep with oil. Heat oil over medium heat until 350 degrees by using a deep fryer thermometer (this is important).
4. Dip a zucchini stick in the batter completely, allow excess to drip off. Dip in the breadcrumbs, pressing them firmly on all sides. Give a gentle shake to allow excess breadcrumbs to drop off.
5. Fry zucchini in hot oil until golden brown, turning them as necessary so all sides cook. Place on a plate with paper towels.

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