

FRIED GREEN ZUCCHINI

This one went through a few iterations, but not quite as many as OLD MAN's Sweet Potato Fries. I think I am there on this one too.

INGREDIENTS

Qty.	Unit	Item
3	N.U.	Decent Sized Zucchini
1/2	Cup	All Purpose Flour
1/2	Cup	Unseasoned Bread Crumbs
1/2	TBSP	Black Pepper
1/2	TBSP	Cayenne Pepper
2	N.U.	Decent Sized Eggs
2	TBSP	Buttermilk [Regular milk is OK if you don't have buttermilk]
1	TSP	Worcestershire Sauce
AR	----	Kosher Salt
AR	----	Peanut Oil

Kosher salt is season to taste. Peanut oil is enough to fill your deep fryer (or pot, or Dutch oven, or etc) if it needs filling.

SPECIAL TOOLS

- Counter top deep fryer

PREPARATION

- 1) Fill deep fryer and heat to 374 deg. F
- 2) Rinse zucchini
- 3) Peel zucchini [i]
- 4) Slice zucchini into ~ 1cm slices (give or take)
- 5) Put zucchini slices on a stainless steel cooling rack over a baking sheet and sprinkle with kosher salt
- 6) Flip the slices and sprinkle with kosher salt
- 7) Cover lightly with cheese cloth and let sit for 30 - 60 minutes
- 8) Pat dry, flip, then pat dry the other side
- 9) Pre-coat the slices in AP flour and put back on the cooling rack
- 10) Whisk together the post-coat
 - a. Unseasoned Bread Crumbs
 - b. Black Pepper
 - c. Cayenne Pepper
- 11) Whisk together the egg wash
 - a. Decent Sized Eggs

- b. Buttermilk [Regular milk is OK if you don't have buttermilk]
 - c. Worcestershire Sauce
- 12) Coat the slices in egg wash (one at a time) and knock off excess [ii]
 - 13) Coat the slices in the post-coat (one at a time) and knock off excess [ii]
 - a. If the post-coat becomes too lumpy with extraneous egg wash, sift it through a mesh strainer
 - b. Mix additional post-coat as required
 - 14) Place the coated slices on the cooling rack until all slices are coated
 - 15) Deep fry in small batches (DON'T CROWD) for 2 – 4 minutes per batch depending on how done you want it
 - a. Flip slices half-way through the cook time
 - b. Drain for 15 sec
 - 16) Place slices on stainless steel cooling rack over a baking sheet and cover with paper towels to keep warm
 - 17) Serve and enjoy!

NOTES

- i. This step is VERY important. The pre-coat, egg wash, and therefore post-coat DO NOT adhere to the skin.
- ii. Sticking to a “dry hand” “wet hand” technique really helps cutting down on lumps in the post-coat. Apply egg wash with one hand, drop in the post-coat, and cover in the post-coat with the other hand
- iii. Pictures are from a “slightly” different version

PICTURES [III]







