

Summer Squash



ZUCCHINI FRITTERS

Ingredients:

2-3 Each medium Zucchini, washed and coarsely grated (about 2 C.)

1 Medium Potato, washed (unpeeled) and coarsely grated (about 1 C.)

Kosher salt and ground black pepper

¼ C finely diced onion

1-2 T all-purpose flour

1 Egg

2 -3 tsp Chopped dill, chives, parsley or mint

Zest of ½ lemon (optional)

¼ C Olive oil or neutral vegetable oil (or unsalted butter!)

1 C.

Method:

Place the grated zucchini and potato in a colander and sprinkle with 1 T kosher salt and toss together. Spread out in the colander to allow for maximum drainage of water. Let it sit for 20-30 minutes over the sink or a bowl.

While the zucchini-potato mixture is sweating out the water, whisk the egg, herbs and lemon zest (if using) together in a medium bowl. Add the onions and grated vegetables and stir together well, season with black pepper and place into a bowl.

After 20-30 minutes, squeeze as much water out of the zucchini-potato mixture between clean hands and wrap in paper towels or a clean kitchen towel and squeeze again. Any excess moisture will dilute the mixture, so dry well. Sprinkle with the flour to absorb any excess moisture and add to the bowl with the egg and onion mixture.

Preheat oven to 200° F. Heat a large skillet or cast-iron pan over medium heat. Add the oil, just enough to cover the bottom of the pan (or butter, if using and wait until the foam subsides). When the oil is hot, drop a spoonful of the fritter batter in, 4-5 at a time, depending on size of skillet. Pat fritters gently with a spatula to flatten. Cook until golden brown on the first side and gently flip and cook the second side until also browned. Place on the cookie sheet and keep fritters warm in the oven while you make the rest of the fritters.

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***Note:** To test for seasonings, fry one small fritter before frying all of the batter and taste. Adjust seasoning, if needed before frying the rest. If the batter seems too thin, add more flour, 1 tsp at a time.

MARINATED SUMMER SQUASH

Ingredients:

1 lb. Variety of summer squash: Zucchini, yellow squash, patty pan squash. Wash and allow to dry. Slice the zucchinis and yellow squash, lengthwise about $\frac{1}{2}$ - $\frac{3}{4}$ inch thick. Slice the patty pan squash vertically (from stem to flower end) also about $\frac{1}{2}$ - $\frac{3}{4}$ inch thick.

Kosher salt and ground black pepper

1 Garlic clove, finely minced

1 T red wine vinegar - we used Herbin' Kitchen's chive vinegar

4-5 T Extra virgin olive oil; use a good quality olive oil, there are so few ingredients that the quality will reflect in the dish

1 Small handful of fresh leaves, torn by hand into small pieces

Method:

Heat a medium sauté pan or cast-iron pan over medium heat until hot. When the pan is hot, add 1-2 T of olive oil just enough to cover the bottom of the pan until the oil is hot (the oil will shimmer), being careful not to burn the oil. Cook the squash in batches and place squash slices in a single layer and cook until brown, about 2-3 minutes. Using a fork or a pair of tongs, turn the squash over, being careful not to splash the oil and cook for another 1-2 minutes. When the squash is cooked, place in a flat casserole dish or Pyrex dish and season with salt and a pinch of black pepper. Cook the rest of the squash and place in the dish.

In the meantime, in a small bowl whisk together the garlic, $\frac{1}{4}$ tsp of salt and $\frac{1}{8}$ tsp of ground black pepper, about (2-3 grinds), vinegar and 3 T of olive oil. When all of the squash is cooked, pour the vinaigrette over the cooked squash and toss gently with tongs. Sprinkle the torn basil leaves over the squash. Cool to room temperature until ready to enjoy or cover tightly and refrigerate. Best at room temperature but delicious the next day, also excellent cut into smaller pieces and tossed into a salad. Any extra vinaigrette may be used to dress a simple green salad.