

Fried Zucchini Coins



Recipe courtesy of Food Network Kitchen

Show: How to Boil Water Episode: Italian classics



Level: Easy

Total: 40 min

Prep: 10 min

Cook: 30 min

Yield: 4 servings, as a side dish

Ingredients:

1/2 cup cornmeal
1/4 cup all-purpose flour
1 teaspoon dried basil
1 teaspoon kosher salt, plus for seasoning
1/4 teaspoon cayenne
Freshly ground black pepper
2 large eggs, slightly beaten
Vegetable oil, for shallow frying
2 small zucchini, sliced into 1/8 to 1/4-inch thick coins

Directions:

- 1** Line a dish with paper towels and set aside. Whisk the cornmeal, flour, basil, salt, cayenne, and pepper in a bowl.
- 2** Beat the eggs in another bowl.
- 3** Heat 1/4-inch vegetable oil in a skillet over medium heat until hot but not smoking.
- 4** Working in small batches, toss the zucchini coins in the eggs, then coat in the cornmeal mixture to cover completely. Carefully drop the zucchini into the oil, and fry until golden brown, about 2 minutes on each side or until crisp. Remove from the oil with a slotted spoon and place on the prepared plate. Season with salt, cool slightly and serve.
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