

# Pumpkin Flowers



## Ingredients:

Pumpkin or Zucchini flowers  
2/3 cup flour  
2 eggs  
2/3 cup milk  
¼ cup sparkling water  
Sunflower oil or olive oil for frying  
Salt to taste

Prep: 10 minutes

Cook: 6-10 minutes

## Instructions:

- Chop off the stems.
- Gently open the flower to remove the inner part using a sharp knife.
- Wash the flowers in cold water inside and out to remove any pollen.
- Dry thoroughly especially inside and set aside.
- Sift flour into a bowl and add eggs mixing well.
- Add milk and mix well.
- Add water mixing very well.
- Set aside to rest for 30 mins.
- Heat enough oil in a medium frying pan or wok for frying.
- Gently dip and cover the flowers in batter one at a time adding to pan as you batter each.
- Fry until golden brown on both sides. Do not crowd pan
- Drain on kitchen paper, sprinkle with salt

## Tips:

Combine sparkling water slowly.  
Batter should not be too thick or too runny.  
Make sure flowers are dried before battering.

## Other Ideas:

Top with grated parmesan after cooking  
Stuff with cheese like mozzarella  
Serve as an appetizer