



THE OLIVE AND THE GRAPE

www.TheOliveAndTheGrape.biz 440-974-0778

## FIORI di ZUCCA

Fiori di Zucca are the golden blossoms found at the ends of zucchini. These flowers can be eaten stuffed or sauteed. They can also be battered and fried as a tasty snack. And with their vibrant color, they're excellent as garnish.

Adapted from a recipe Recipe by Vincenzo Pezzilli (*Italian Cooking and Living*)

- 12 zucchini blossoms
- 1 yellow bell pepper
- 1 red bell pepper
- 1 eggplant
- 1 zucchini
- 1 yellow squash
- 1 bunch thyme
- 1 bunch rosemary
- *Garlic Seasoned olive oil*
- salt and pepper

Remove the inside of the zucchini blossoms and set aside. Finely chop all the vegetables, making a savory base for sautéing. Preheat the oil in a frying pan. Add the garlic and the vegetables and cook until softened. Add the herbs and cook briefly. Fill a pastry bag with the cooked vegetables, and stuff each blossom. Wrap each blossom in plastic wrap and steam for 5 minutes over a pot of boiling water. Serve either cold or at room temperature with the sauce or seasoning of your choice. Serves 4