

STUFFED ZUCCHINI FLOWERS

(Fiori di Zucca Ripieni)

INGREDIENTS:

Servings: 2 people

Filling:

| | |
|-----------------------------------|--------------|
| Buttermilk curd or ricotta cheese | 200 g |
| Lean ground pork | 60 g |
| Egg | 1 |
| Fresh zucchini flowers | 6 |
| White flour | for dredging |
| Small garlic clove | 1/2 |
| Olive oil | 2 tbs |
| Fresh chopped parsley | 1 tsp |
| Fresh chopped basil | 1 tsp |
| Salt and freshly ground pepper | to taste |
| Red pepper | pinch |
| Butter | 2 tsp |
| Parmesan cheese | to taste |
| Crushed tomatoes | 25 g |

Servings: 4 people

Filling:

| | |
|-----------------------------------|--------------|
| Buttermilk curd or ricotta cheese | 400 g |
| Lean ground pork | 120 g |
| Eggs | 2 |
| Fresh zucchini flowers | 12 |
| White flour | for dredging |
| Garlic clove | 1/2 |
| Olive oil | 2 tbs |
| Fresh chopped parsley | 3 tsp |
| Fresh chopped basil | 1 tsp |
| Salt and freshly ground pepper | to taste |
| Red pepper | pinch |
| Butter | 1 tbs |
| Parmesan cheese | to taste |
| Crushed tomatoes | 50 g |

Servings: 6 people

Filling:

| | |
|-----------------------------------|--------------|
| Buttermilk curd or ricotta cheese | 600 g |
| Lean ground pork | 180 g |
| Eggs | 2 |
| Fresh zucchini flowers | 18 |
| White flour | for dredging |
| Small garlic clove | 1 |
| Olive oil | 3 tbs |
| Fresh chopped parsley | 1 tbs |
| Fresh chopped basil | 2 tsp |
| Salt and freshly ground pepper | to taste |
| Red pepper | pinch |
| Butter | 2 tbs |
| Parmesan cheese | to taste |
| Crushed tomatoes | 75 g |

Servings: 8 people

Filling:

| | |
|-----------------------------------|--------------|
| Buttermilk curd or ricotta cheese | 800 g |
| Lean ground pork | 240 g |
| Eggs | 3 |
| Fresh zucchini flowers | 24 |
| White flour | for dredging |
| Garlic clove | 1 |
| Olive oil | 4 tbs |
| Fresh chopped parsley | 2 tbs |
| Fresh chopped basil | 3 tsp |
| Salt and freshly ground pepper | to taste |
| Red pepper | pinch |
| Butter | 3 tbs |
| Parmesan cheese | to taste |
| Crushed tomatoes | 100 g |

Servings: 10 people

Filling:

| | |
|-----------------------------------|--------------|
| Buttermilk curd or ricotta cheese | 1 kg |
| Lean ground pork | 300 g |
| Eggs | 3 |
| Fresh zucchini flowers | 30 |
| White flour | for dredging |
| Garlic clove | 1 |
| Olive oil | 60 ml |
| Fresh chopped parsley | 2 tbs |
| Fresh chopped basil | 1 tbs |
| Salt and freshly ground pepper | to taste |
| Red pepper | pinch |
| Butter | 3 tbs |
| Parmesan cheese | to taste |
| Crushed tomatoes | 120 g |

Servings: 12 people

Filling:

| | |
|-----------------------------------|--------------|
| Buttermilk curd or ricotta cheese | 2 kg |
| Lean ground pork | 360 g |
| Eggs | 4 |
| Fresh zucchini flowers | 36 |
| White flour | for dredging |
| Small garlic cloves | 2 |
| Olive oil | 70 ml |
| Fresh chopped parsley | 3 tbs |
| Fresh chopped basil | 1 tbs |
| Salt and freshly ground pepper | to taste |
| Red pepper | pinch |
| Butter | 4 tbs |
| Parmesan cheese | to taste |
| Crushed tomatoes | 145 g |

TOOLS:

Bowl
Wooden spoon
Shallow dish
Chef's knife
Cutting board
2 heavy skillets, one with a lid
Spatula
Wooden spoon

PREPARATION:

Combine the ricotta cheese, meat, and eggs in a bowl and mix well. *Remove the pistils* and small green outer leaves from the flowers. *Stuff the flowers* with the cheese mixture and fold the leaves in. *Coat the closed end of the flower with flour.*

Prepare the sauce:

Thinly slice the garlic. Heat half the butter in a heavy skillet over moderate heat. Fry the garlic, parsley, basil, salt, pepper, and red pepper. Add the tomatoes to the mixture and stir well. In another skillet, heat the oil and remaining butter over medium heat. Place the zucchini flowers in the pan. After a minute, lift each zucchini flower by the stem to ensure they do not stick to the pan. Continue to cook for another 2 minutes.

Carefully *transfer the flowers* to the pan with the sauce. Spoon the sauce over them. Simmer, covered, very gently, for 20 minutes. Transfer the flowers to a serving plate. Spoon the sauce over and garnish with parsley. Serve at once.

This recipe comes from *Cucina Il Camino*.