



Fried Zucchini

Ingredients

Vegetable oil for frying

1 cup all-purpose flour

½ teaspoon salt

½ teaspoon pepper

Pinch of cayenne pepper

1 egg, lightly beaten

¼ cup milk

2 pounds zucchini, sliced ¼ inch thick and at an angle (elongated ovals)

Grated pecorino, Romano, or Parmesan cheese

Crushed red pepper flakes

Directions

Pour oil to a depth of 1 inch in a wide frying pan and heat.

Mix flour, salt, pepper and cayenne pepper in a bowl. In a separate bowl, combine lightly beaten egg and milk. Dip zucchini slices lightly in seasoned flour, then in egg mixture, then once again in the flour. Place coated zucchini slices into the hot oil, without crowding. Cook for about 2 minutes on each side, until golden.

Remove and drain on paper towels, then transfer to a platter. Sprinkle with grated cheese and red pepper flakes to taste.