

Courgette Flowers

4 servings

INGREDIENTS

5-6 courgette flowers
Mixed salad
4 green tomatoes
150g chervil
300g **cream cheese**
100g **parmesan**
2 **eggs**
100g **flour**
100g **panko flour**
500ml sunflower or frying oil
100ml olive oil
Salt
Pepper
Nutmeg

ALLERGENS HIGHLIGHTED IN BOLD



PREPARATION

Put the cream cheese, parmesan and chervil into a blender. Season with salt, pepper and a little nutmeg and blend well.

Place the cream cheese filling in a piping bag. Carefully open the flowers of the courgettes and pipe in the filling using the piping bag.

With a slight twist, close the flowers well again. Mix the remaining filling with a little olive oil and use as dressing later

(cont.)

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PREPARATION

Divide the eggs, flour and panko flour between three sufficiently large plates. Mix the eggs well with a fork. Now carefully coat the courgette flowers first in the flour, then in the eggs and finally in the panko flour.

While this is happening, slowly heat the oil. Test with a wooden spoon whether it has reached a sufficient temperature. Small bubbles should form on the spoon. Fry the courgette flowers for about 2 minutes on each side. Be careful not to brown them too much.

Spread the salad mix, green tomatoes on a large platter and season with the dressing. Arrange the courgette flowers on top and serve warm. Culinary meets floristry!

