

SEASONAL RECIPES

BY BARBARA LLEWELLYN CATERING AND EVENT PLANNING

SQUASH BLOSSOM 'POPPERS'

- 12 unopened squash blossoms (edge of tip removed)
- ½ cup cream cheese, room temperature
- ½ cup goat cheese, room temperature
- 2 tablespoons heavy cream
- 2 teaspoon each: chopped chive, parsley, thyme, dill
- ½ teaspoon ground pepper
- 1 teaspoon salt

FOR BATTER:

- 4 egg whites beaten to soft peaks
- ½ cup milk
- ½ cup flour
- ½ teaspoon salt

Mix cheeses, cream, herbs and salt and pepper together with a whisk until creamy. Fill a pastry bag and pipe in cheese mixture (approx. ½ tablespoon) into each blossom. Push tip with finger to seal.

Mix flour and milk, add salt. Gently fold into egg whites. Dip filled blossom into batter and fry in oil (350 degrees) for 2 minutes or until golden. Drain on paper towels.

Sprinkle with lemon zest and parsley and serve warm.

Makes 12.



SQUASH BLOSSOM RISOTTO

- 2 tablespoons unsalted butter
- 2 tablespoon olive oil
- 1 cup chopped yellow onion
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 pound risotto
- 1 pound assorted summer squash:
 - ½ pound grated, ½ pound diced
- 5 cups chicken stock
- ½ cup white wine
- 2 teaspoons chopped garlic
- ½ cup Parmesan cheese
- 6 squash blossoms

Bring chicken stock to a boil. Grate ½ pound of squash into a bowl (use large grate) add 2 squash blossoms and pour heated stock over. Cover and steep 15-20 minutes. Strain stock into sauce pan and gently reheat squash-infused stock. Over medium heat, in a heavy sauté pan, heat olive oil and 1 tablespoon butter. Add chopped onions and sauté until translucent (approx. 3 minutes). Add salt and pepper. Add half of diced squash and sauté 3 minutes. Add garlic. Stir in risotto. Sauté for 2 minutes. Add white wine and stir. Add stock, one cup at a time and stir until each cup of liquid is incorporated. In a separate sauté pan, heat oil and add remaining diced squash, sauté for 3-5 minutes.

When risotto is ready, add 1 tablespoon butter and Parmesan cheese. Spoon risotto into 4 bowls. Garnish with sautéed squash, extra squash blossoms, and grated Parmesan.

Serves 4.



SPICED CHOCOLATE ZUCCHINI CUPCAKES

12 tablespoons (1½ stick or ¾ cup) butter
2 cups sugar
3 eggs
2 teaspoons vanilla extract
1 tablespoon grated orange zest
2 cups grated raw zucchini
2¾ cups all purpose flour
½ cup unsweetened cocoa
2½ teaspoons baking powder
1½ teaspoons baking soda
1 teaspoon ground ginger
½ teaspoon ground mustard
1 teaspoon salt
1 teaspoon cinnamon
½ cup milk
1 cup chopped walnuts

Preheat the oven to 350 degrees. Line a cupcake pan for 20 cupcakes.

Cream the butter or shortening and slowly add the sugar, beating until smooth. Beat in the eggs and mix thoroughly. Stir in the vanilla, orange zest, and grated zucchini and blend well. (Batter may look curdled at this point. It will smooth out later.)

Stir together the flour, cocoa, baking powder, baking soda salt and cinnamon, and sift onto a piece of waxed paper. Add the sifted dry ingredients to the zucchini mixture along with the milk, and beat until thoroughly mixed. Stir in the walnuts.

Pour the batter into the prepared cupcake pans. Bake for 30 to 35 minutes or until a toothpick inserted in center of a cupcake comes out clean. Remove from the oven and let cupcakes cool completely before icing and decorating with candied zucchini slices and crystalized squash blossoms.

Makes 20 cupcakes

DARK CHOCOLATE FROSTING

4 cups heavy cream
4 cups sugar
1 split vanilla bean
1 pound unsweetened dark chocolate
1 pound butter

Boil cream, sugar, vanilla for 6 minutes. Remove from heat and add chocolate, butter. Whisk smoothly and strain out vanilla bean.

CANDIED ZUCCHINI SLICES

1 cup water
1 cup sugar
Zucchini slices (thinly sliced)

Bring above ingredients to a boil for 5 minutes. Reduce heat to low and drop thinly sliced zucchini slices into simmering simple syrup. Simmer for 2-3 minutes until zucchini becomes translucent. Remove with a slotted spoon, placing slices onto parchment paper to air dry.

CRYSTALLIZED SQUASH BLOSSOMS

With a very small paint brush, brush all surfaces of flowers with egg white. Toss flowers in superfine sugar and air dry until crispy.



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