

Stuffed Squash Blossoms

A Year in a Vegetarian Kitchen, via CSA member Mira

1 c. ricotta cheese
½ c. grated Parmesan cheese
1 large egg
1 T. minced parsley
1 T. all-purpose flour
½ t. salt
black pepper
12 large squash blossoms
2 c. vegetable broth
4 T. butter
1 T. minced sage

Combine cheese, egg, parsley, flour, ½ t. salt and several grindings of pepper in a small bowl.

Rinse squash blossoms and shake to remove excess water. Carefully spoon a heaping tablespoon of the cheese filling into each blossom.

Bring the broth to a boil in a large saute pan. Reduce the heat and carefully add the squash blossoms in a single layer, twisting the ends of each blossom shut just before it goes into the pan. Adjust the heat so the broth is simmering gently - do not boil as the blossoms will tear. Cover the pan and cook, and be sure to check to make sure the broth is still barely simmering, until the filling has set, about 7 minutes.

Melt butter in a small skillet and add the sage and cook over medium-low heat until fragrant, about 1 minute. Keep the sage butter warm.

Use a slotted spoon to lift the cooked squash blossoms from the pan, draining the blossoms well by letting excess liquid fall back into the pan. Transfer to individual plates, drizzle with warm sage butter over the blossoms, season with salt and pepper to taste and serve.

Squash Blossom Frittata

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3-4 squash blossoms
1-2 small zucchini
4 eggs
dash milk

2 spring onions
asiago cheese
chopped parsley and chives
salt and pepper

Rinse blossoms well and drain on paper towel. Beat 4 eggs with a little milk. Add chopped herbs, salt, and pepper to taste. In a non-stick pan, sauté a little butter and cook chopped onion and thinly sliced squash until soft. Saute blossoms for about 30 seconds and remove everything from pan. Pour egg mix into pan, add onions and squash blossoms on top. Cook over medium until almost set. Sprinkle with cheese and put under broiler until puffed and browned.

Squash Blossom Soup

Mexico the Beautiful Cookbook

2 lbs squash blossoms
9 T. butter
3 spring onions, thinly sliced
6 cloves garlic, thinly sliced
6 chiles serranos, thinly sliced
¼ t. each marjoram, thyme, tarragon
1 T. chopped parsley
salt and pepper
8 cups vegetable or chicken stock
1 boneless chicken breast, skin removed and cut in ½" cubes
½ c. sliced mushrooms
2 c. cream or crème fraiche

Remove stems and pistils from blossoms. Rinse, chop, and set aside. Melt ¼ c. of butter in a large skillet. Add green onion, garlic, chiles. Saute lightly and add the squash blossoms. Stir for 2 minutes and add the herbs. Season with salt and pepper and cook, covered, for 3 minutes.

Heat chicken stock in a large saucepan and add the flower mixture. Cook, covered, over low heat for 5 minutes. Set aside. Meanwhile, in a skillet over medium heat, sauté the chicken in 3 T. butter until golden. Set aside. In remaining 2 T. butter, sauté mushrooms and set aside. Add chicken and mushrooms to hot stock and stir in cream. Serve hot.