



Recipe Information

Recipe Name: ZUCCHINI-FRITTERS
Recipe Number: 35334
Recipe Long Name: Zucchini Fritters
Recipe Library: Divisional

Preparation Information

Preparation Date: 8/26/2011
Production Amount: 20
Serving Size: 4.58 Ounce - Weight
Service Style: 2 Fritters
Suggested Serving Instructions:

Shelf Life:

IF LEFT OVER, DO NOT REUSE.

Type	Description	Prep Note	Quantity
P	Salt		2 3/4 - TSP
P	Zucchini-Fresh	Shredded Coarse	1 - 7/8 LB
P	Eggs-Liquid, Pasteurized		13 - OZ (3 - 1/4 QUART)
P	Reduced Fat Milk, 2%, Gallon		1 - 7/8 C
P	All-Purpose Flour		1 - 3/4 LB
P	Baking Powder		7/8 - OZ (7/8 - TEASPOON)
P	Granulated Sugar		1 7/8 - OZ
P	Salt		7/8 - TSP
P	Parsley-Fresh	Minced	7/8 - OZ
P	Basil-Fresh	Minced	1/2 - OZ
P	Pepper-Black, Ground		7/8 - TSP
P	Canola Oil		1 - 3/4 C

Preparation

- 2 Sprinkle 1st listed salt over zucchini. Toss to evenly distribute. Place in colander. Let stand for 1 hour to drain. Drain well. Transfer to parchment lined sheet pans. Pat dry with paper towels.
- 3 In a mixing bowl, whisk eggs.
- 4 Whisk in milk until well-blended.
- 5 Combine flour, baking powder, sugar and 2nd listed salt. Fold into egg mixture until smooth.
- 6 Combine zucchini, parsley, basil and pepper. Mix well. Fold into batter. Gently mix until just blended to a thick batter. Do not over mix.
- 7 Fill a large skillet with 1" layer of oil.* Heat to 350 degrees F. Using a #20 scoop, drop batter into oil. Do not crowd pan. Fry, turning once, for 3 to 5 minutes or until golden brown on both sides. CCP-- Minimum internal temperature should be 145 degrees F. (for 15 seconds). Using a slotted spoon, transfer to rack-lined hotel pans. CCP-- Cover and hold hot (140 degrees F. or above) for service.
- 8 NOTE: Or, drop batter into a 350 degree F. deep fat fryer. Fritters will float to the top when cooked.
- 10 Shelf Life: If left over, do not reuse.

Zucchini Fritters

Fried Shredded Zucchini Fritters Seasoned with Parsley and Basil

Recipe Number:	0000035334
Portion:	2 Fritters
Vegetarian:	
Calories:	272
Protein:	7.3 grams
Carbohydrates:	33.8 grams
Fat:	12.0 grams
Calories from Fat:	108 (40%)
Saturated Fat:	1.6 grams
Trans Fat:	0 grams
Polyunsaturated Fat:	3.5 grams
Cholesterol:	75 milligrams
Sodium:	335 milligrams
Vitamin A:	688 IU
Vitamin B1:	.3 milligrams
Vitamin B2:	.3 milligrams
Vitamin B6:	.1 milligrams