



GLUTEN-FREE STUFFED ZUCCHINI FLOWERS IN A SESAME BUCKWHEAT CRUST

a rare delicacy, served solo as a small dish or as an appetiser not only look great, but are also really delicious with their nutty flavour!

25 Min

Preparation

20 Min

Cook

Ingredients

For 4 people

8 Zucchini flowers
4 shallots
½ red chilli pepper
½ yellow chilli
1 zucchini
100 g buckwheat flour
50 g white and black sesame seeds mixed
2 eggs
2 tbsp cream
some lemon zest
basil

Preparation

Collect the Zucchini flowers in the morning - the flowers are open then. Do not wash them!

Finely chop the shallots and fry them lightly in a little olive oil. Add the diced chillies and Zucchini (courgettes). Season with salt and pepper, leave to cool and add fresh basil.

For the breadcrumbs, mix the buckwheat flour with the sesame seeds. Beat the eggs, add the cream and lemon zest, season with salt and pepper and whisk well.

Fill the Zucchini flowers with the vegetable mixture, hold them together well and turn them in the egg mixture.

Then coat in the buckwheat and sesame mixture.

Heat the olive oil and fry the courgette flowers until golden. Arrange on the plates and serve.

TIP: The courgette flowers can also be served with a tasty tomato sauce.

salt and pepper

Olive oil

Recipe by: Janett Platino - Restaurant Bad Egart / Onkel Taa