

Deep-fried Pumpkin Blooms with Herb-White Cheese Filling



Main dish

Kind of recipe



80 Minutes

Preparation



middle

Severity



Ingredients for 4 people

8-12 pumpkin blossoms (depends on size)
vegetable oil for frying Batter for frying:
200 g (whole meal) flour 2 eggs 1/3 l
vegetable broth salt Filling: 20 g butter 2
mid-size onions 70 g bread crumbs 3
egg yolks 100 g curd cheese 2 handful
cut Swiss chard 1/2 handful chopped
herbs salt pepper nutmeg Pumpkin Seed
Oil sauce: 1/2 cup sour cream 1/2 cup plain
yoghurt 1 small clove of garlic 2 Tsp
Styrian Pumpkin Seed Oil P.G.I. salt
pepper serve with fresh summer salads

Preparation

Harvest the blossoms in the early morning – only take clean ones, otherwise they have to be washed and dried carefully. Store in the fridge until use. For the sauce chop the garlic finely, combine with the rest of the ingredients and cool. For the batter separate the eggs, beat the egg whites (this makes the batter fluffy and later crispy). Mix egg yolks, flour and salted vegetable broth and then fold in the beaten egg whites. For the filling sauté the finely chopped onions in butter, add the chopped herbs and let it cool down. Then add the rest of the ingredients. Take the blossoms off their stems, fill with 1 Tsp of the mixture carefully and twist the top. Heat oil in a pan, pull the blossoms through the batter and fry until golden brown. Drain on paper towel and keep warm in the oven at 100°C (max. 20 minutes). As side dish you can serve any fresh salads, however tomato, green leaf salads, cucumber-cream salad or fresh string bean salad go best with it. Tips for variations: For the batter: you can also add chopped Styrian pumpkin seeds Vegans can replace the curd cheese with more herbs or add diced tofu to the filling. Instead of the pumpkin seed oil sauce you can just marinate the salads with Styrian Pumpkin Seed Oil P.G.I..

Recipe from Theresia Fastian, www.fastian.at / Foto: Stefan Kristoferitsch