

## Courgette fritters

Courgettes can be eaten raw, in ribbons dressed with mint and vinegar; steamed and dressed with lemon, butter and chives; sliced, fried and bound with egg to make frittata or quiches; stewed with tomato; shredded, squeezed and mixed with ricotta to make a stuffing for roast chicken; or turned into the following fritters.



Courgette fritters Photo: Jason Lowe

By Jojo Tulloh. Food photographs by Jason Lowe

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### **Serves 4 as a starter**

4 small or 2 medium courgettes (about 350g)

1 tbsp plain flour

2 eggs, beaten

1 tbsp finely chopped herbs (mint and chives or thyme)

The zest of 1 lemon

1 clove of garlic, finely chopped

2 spring onions, peeled and shredded

Olive oil

Mixed lettuce, herbs and lemon segments, to serve

Grate the courgettes coarsely. If you have time, salt and leave them to drain in a colander. Take a clean tea towel and place the courgette pulp in the middle. Wring the tea towel out over the sink. The pulp should collect in a fat bulb, and a surprising amount of water will come out. Place the flour in a bowl and add the beaten eggs, herbs, lemon zest, garlic, spring onions and courgettes. Season with sea salt and pepper.

Heat a large frying-pan with a couple of tablespoons of olive oil. When the oil is hot, take a heaped tablespoon of the courgette mixture and drop it into the pan, flattening it out slightly with the back of the spoon. Don't muck about with it until the bottom is golden brown (a couple of minutes) or the whole thing will disintegrate. Flip it over with a spatula and give each fritter a couple of minutes before draining on a plate lined with paper towel.

To serve, arrange some mixed leaves of mint, sorrel, little gem lettuce and mustards on a large plate.

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'Freshly Picked: Kitchen Garden Cooking in the City' by Jojo Tulloh (Chatto & Windus) is available from Telegraph Books for £18 plus £1.25 p&p (0844-871 1515; [books.telegraph.co.uk](http://books.telegraph.co.uk) )

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