

ZUCCHINI FRITTERS WITH TZATZIKI SAUCE

1 pound (about 2 medium) zucchini
Salt
1 small lemon, zested
1/4 cup chopped fresh dill
1-2 tablespoons chopped fresh mint (if you like that flavor)
1/2 cup crumbled feta cheese
1 medium clove garlic, peeled and minced
1 small onion, grated (or minced fine)
1/4 teaspoon freshly ground pepper
2 large eggs, lightly beaten
1/2 cup all-purpose flour
1 teaspoon baking powder
Frying oil, avocado, regular olive, canola.....

Shred the zucchini on the large holes of a box grater or with the shredding disc of a food processor. Place the shredded on a triple layer of paper towels on a sheet pan or in a colander in the sink. Heavily salt the zucchini and let it rest for 15 minutes. The salt is not measured, just use a a lot. The salt will pull out all of the moisture from the zucchini so the fritters will not be soggy. It will not make them salty.

Add the zucchini to a large bowl add, salt, pepper, lemon zest, chopped parsley, garlic, onion and eggs. Mix well to combine. Slowly add flour and baking powder, stirring so no lumps form.

Heat a shallow pond of oil in a large sauté pan over medium-high heat until the oil sizzles when you drop a small amount of zucchini mixture into the pan. Carefully drop about 2 tablespoons zucchini mixture into pan; repeat, spacing fritters a few inches apart.

Cook fritters until golden, 2 to 3 minutes. Lower heat to medium. Turn fritters, and continue cooking until golden, 2 to 3 minutes more. Transfer fritters to a brown paper bag to drain any excess oil. Cook remaining zucchini mixture, adding more oil to pan if necessary. Serve with tomato dipping sauce or a dollop of sour cream.

TZATZIKI SAUCE

1 English Cucumber, peel just a bit of the skin off in strips THEN grated- two cups, roughly salt
1 cup Greek yogurt (full fat is better for this)
1 fat garlic clove, finely minced (use a garlic press)
3 tablespoons chopped fresh dill or mint (or a combo of both)
1/4 –1/2 teaspoon salt and pepper to taste
a squeeze of lemon to taste
Extra Virgin Olive Oil

Grate cucumbers and place in a bowl with the salt and toss well (this will help it release moisture). Let sit 10 minutes while you prep the remaining ingredients.

In a medium bowl, whisk yogurt, garlic, fresh herbs, salt, pepper and lemon juice.

Place the salted cucumber in a strainer, drain well, pressing out any excess liquid through the strainer, pressing down with your fingers. You will end up with one cup of cucumber.

Fold the strained cucumber into yogurt mixture, taste and adjust salt and lemon juice to taste. Cover and refrigerate until ready to use.

This will keep 4 days in the fridge.

Garnish with fresh dill or mint sprigs and an optional drizzle of olive oil for extra richness.

NOTE – traditional cucumbers have thick skins, peel them. And they have a lot of seeds, remove those too.