

STUFFED ZUCCHINI BLOSSOMS

CREATIVE DISHES



Stuffed Squash Flower Basket with Marinara

Ingredients

- 5 Vertullo Mozzarella Stuffed Zucchini Flowers
- ½ cup marinara (pizza and traditional spaghetti sauce will work as well)
- chopped parsley (crushed red pepper and grated parmesan cheese are also excellent options)
- salt and pepper to taste

Method

Drop the zucchini flowers in the fryer for about 4-5 minutes, let stand 1-2 minutes, drain and season. Place in a lined basket with a 2-4 ounce ramekin of marinara sauce, garnish and serve!

Stuffed Zucchini Flowers with Lemon Caper Sauce

Ingredients

- 3 Vertullo Mozzarella Stuffed Zucchini Flowers
- ½ cup chicken stock
- ¼ cup lemon juice
- 1 Tbs. capers
- butter and flour for mounting
- salt and pepper to taste

Garnish: chopped parsley and fresh lemon zest

Method

Add stock and lemon juice to a hot sautee pan and reduce. Add capers and mounted butter. Season with salt and pepper. Drop the zucchini flowers in the fryer for about 4-5 minutes and let stand 1-2 minutes. (Note: the flowers can also be pan fried). Bottom sauce the plate; arrange the flowers; garnish with lemon zest and parsley. Serve!



Stuffed Zucchini Flowers with Marinara and Parmesan

Ingredients

- 3 Vertullo Mozzarella Stuffed Zucchini Flowers
- ½ cup marinara
- chopped parsley
- shaved parmesan cheese

Method

Drop the zucchini flowers in the fryer for about 4-5 minutes and let stand 1-2 minutes, or pan sautee until crisp. Glaze the bottom of the plate with marinara; arrange the zucchini flowers and garnish.



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Stuffed Zucchini Flowers with Squash Noodles and Gnocchi in a Pesto Cream Sauce

Ingredients

- 3 Vertullo Mozzarella Stuffed Zucchini Flowers
- 6 to 8 ounces of Sevioli Gnocchi
- ½ cup heavy cream
- ¼ cup pesto
- 2 Tbs. butter
- 1 Tbs. flour
- ½ cup squash noodles
- fresh basil chiffonade
- extra virgin olive oil
- 2 Tbs. grated parmesan cheese

Method

Drop the zucchini flowers in the fryer for about 4-5 minutes and let stand 1-2 minutes. In a pre-heated pan toss the gnocchi to brown and crisp; add the squash noodles and heavy cream and reduce. Add the pesto sauce and the grated parmesan. Add the mounted butter to finish. Arrange on a plate or bowl, add the zucchini flowers and garnish with basil.

Pan Roasted Stuffed Zucchini Flowers with Grape Tomatoes, Roasted Garlic Olio d'oliva and Basil

Ingredients

- 3 Vertullo Mozzarella Stuffed Zucchini Flowers
- 6 ounces Sevioli Garganelli Pasta
(pre-cooked al dante, penne and mezze rigatoni are also good choices)
- 6 to 8 grape or cherry tomatoes
- roasted garlic *(and the oil used to roast)*
- fresh basil
- shaved parmesan cheese
- salt and pepper to taste

Method

Add the roasted garlic and oil to a preheated pan; add the zucchini flowers and toss to coat; add the tomatoes and continue cooking. Remove the zucchini flowers when done and set aside. Toss the pasta with the oil and arrange on a plate. Add the zucchini flowers and garnish with the basil and shaved parmesan.



Our delicate, imported squash blossoms are hand-selected and carefully stuffed with fresh mozzarella. They are lightly battered and frozen to lock in their subtle taste and texture.

Pan sautee or fry to perfection for an authentic snack, appetizer, or hors d'oeuvres!

