

Fresh Gnocchi & Baby Zucchini

with Crispy Squash Blossoms & Lemon Brown Butter

In green spring, the vegetable vines climb and ripen, trumpeting their blossoms. It's high time to pluck those blossoms and fry them. For this dish, you'll use baby zucchini as well as the gorgeous, deep orange flowers of the zucchini plant. They're only available during a short harvesting window, so let's enjoy the flavor of flower power while we can!



Ingredients

4 Squash Blossoms

1 Lemon

½ Pound Baby Zucchini

¼ Cup Rice Flour

2 Tablespoons Butter

10 Ounces Fresh Gnocchi

⅓ Cup Grated Pecorino Romano Cheese

Makes 2 Servings

About 500 Calories Per Serving



Instructions



1

Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Remove the stems and stamens of the squash blossoms; roughly chop 2 of the flowers, leave the remaining 2 whole. Using a peeler, remove the yellow rind of the lemon; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Trim off and discard the tops and bottoms of the zucchini; halve each once lengthwise and once crosswise to create quarters. In a medium bowl, combine the **rice flour** and $\frac{1}{3}$ **cup of water** to create a batter.



2

Fry the squash blossoms:

In a medium pan (nonstick, if you have one), heat a thin layer of oil on medium-high until very hot. Once hot enough that a drop of batter immediately sizzles when added to the pan, coat the **whole squash blossoms** in the **batter**, allowing any excess to drip off. Carefully add the **coated squash blossoms** to the pan and cook 1 to 2 minutes per side, or until crispy. Transfer to a paper towel-lined plate and immediately season with salt. Set aside as you continue cooking. Carefully discard the oil. Wipe out the pan.



3

Make the brown butter sauce:

In the same pan used to fry the squash blossoms, melt the **butter** on medium. Continue cooking until the butter foams. Once the foam subsides, swirl the butter around the pan over the heat for 2 to 3 minutes, or until it turns golden brown and smells nutty. (Be watchful, as the butter can burn easily.) Add the **chopped squash blossoms** and **lemon zest** and cook, stirring frequently, 5 to 10 seconds, or until thoroughly coated.



4

Add the zucchini:

Add the **zucchini** and season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened. Stir in the **juice of 2 lemon wedges**.



5

Cook the gnocchi:

While the squash cooks, add the **gnocchi** to the pot of boiling water. Cook 2 to 3 minutes, or until tender and the gnocchi floats to the top of the pot. Reserve $\frac{1}{2}$ **cup of pasta water**, then using a slotted spoon or strainer, transfer the **cooked gnocchi** to the pan with the zucchini and brown butter.



6

Finish the gnocchi & plate your dish:

Add **all but a pinch of the Pecorino cheese** and $\frac{1}{4}$ **cup reserved pasta water** and stir until well combined. (If desired, add up to an additional $\frac{1}{4}$ cup of reserved pasta water to achieve your desired consistency.) Remove from heat and season with salt and pepper to taste. To plate your dish, divide the gnocchi between 2 dishes and top each with a **fried squash blossom**. Garnish with the **remaining Pecorino cheese and lemon wedges**. Enjoy!