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RICOTTA & MONK'S BEARD STUFFED COURGETTE FLOWERS

INGREDIENTS

For the ricotta:

1 litre whole milk
Juice of half a lemon

For the filling:

150g ricotta
75g monk's beard
1 preserved lemon
50g cream cheese
Pinch salt
6-8 courgette flowers

For the batter:

160ml beer chilled
115g plain flour
Pinch salt
Oil for frying
Micro Leaves

METHOD

1. Heat the milk in a saucepan until it reaches 93C and then remove from the heat. Add the lemon juice and stir. Leave to stand for 10-15 mins. Pour the contents into a sieve to separate the curds from the whey.
2. Trim the monk's beard and roughly chop. Finely chop the lemon. Combine both with 150g curds, as well as the cream cheese and a pinch of flaky salt.
3. Remove the stigma from the courgette flower and insert 1-2 tbsps of filling.
4. Heat the oil to 175C. Don't fill the pan more than half.
5. Add the beer to a bowl with flour and a pinch of salt. Whisk together. Dip the courgette into the batter and transfer into the hot oil. Cook until golden brown (approx 5 mins).
6. Serve with a drizzle of wild garlic oil and micro herbs.

PREP TIME | 55 minutes

COOK TIME | 5 minutes per flower

READY IN | 60 minutes