

Zucchini – Herb Fritters w/Garlic Yogurt

2 small zucchini, ends trimmed
1 small russet potato, peeled
½ medium onion
2 tsp kosher salt, plus more
1 large egg, beaten to blend
1 garlic clove, minced
½ tsp ground cumin
2 tbsp finely chopped fresh mint, plus some for serving
Fresh ground pepper
½ cup all-purpose flour
½ tsp baking powder
½ cup vegetable oil + olive oil for serving

Instructions:

Grate zucchini, potato, and onion and mix with 2 tsp of salt. Place in a colander and set in a bowl and allow 30 – 40 minutes until liquid is drained.

Mix egg, garlic, cumin, 3 tbsp. parsley, and 2 tbsp. mint in a bowl and season with salt and pepper.

Remove as much liquid from the zucchini mixture, before adding it to the egg mixture. Then sprinkle with flour and baking powder and mix gently.

Heat vegetable oil in a large skillet over medium-high heat. Working in batches, spoon scoops of mixture into the skillet and flatten gently. Cook until golden brown and crisp, approximately 3 minutes per side. Transfer to wire rack and season with salt.

Serve with yogurt sauce and fresh herbs for garnish.

Makes about 12 fritters depending on size.

Source: bon appetite May 2015