

Fried Zucchini Blossoms

MAKES 24 Beaten egg whites are folded into an airy batter that fries up light and crisp. (Try it with *fritto misto*, too.) Look for fresh zucchini blossoms—also called squash blossoms—at your farmers' market, or order from melissas.com.

1 cup all-purpose flour
¼ cup extra-virgin olive oil
2 tsp. sea salt plus more
Vegetable oil (for frying)
6 large egg whites
24 zucchini blossoms,
stamens removed

SPECIAL EQUIPMENT: A deep-fry thermometer

Whisk flour and olive oil in a large bowl to combine (dry, pea-size balls will form). Add ¼ cup warm water; whisk until a smooth, thick pancake-like batter forms. Whisk in 2 tsp. salt. Let batter rest, uncovered, at room temperature for 1–2 hours.

Pour vegetable oil into a large heavy high-sided skillet to a depth of ½". Prop deep-fry thermometer in oil so bulb is submerged. Heat over medium heat until thermometer registers 375°.

Beat egg whites until medium-stiff peaks form; gently whisk one third of the whites into batter to loosen, then gently fold in the rest of the whites until just incorporated.

Working in batches of 6, dip blossoms in batter, letting excess batter drip back into bowl. Fry, turning occasionally, until golden and crispy, 3–4 minutes per batch. Transfer to paper towels. Season with salt; serve hot.