

## Stuffed Zucchini Flowers with Lemon and Tarragon Sauce



### Ingredients:

12 zucchini flowers very fresh  
600g (20oz) ricotta  
A bunch of fresh herbs, chopped  
6 tablespoons grated pecorino cheese  
6 tablespoons breadcrumbs  
Peanut oil for frying  
Salt and pepper to taste

### *For the sauce:*

1 bunch fresh tarragon  
2 whole organic lemons  
3 good pinches mixed salt and pepper  
5 tablespoons Italian balsamic vinegar  
1 garlic clove  
2 cups extra virgin olive oil  
½ cup water

### *For the batter:*

200g (7oz) Tempura flour  
½ Lt (2 cups) sparkling water

### Preparation:

Prepare the filling by mixing together ricotta, herbs, breadcrumbs, grated pecorino, and seasoning. Fill a pastry bag with the mixture and squeeze gently into an open flower until full. Dip the flowers in the batter and fry to golden color. Prepare the sauce by putting all ingredients in a blender (cut the lemon into pieces beforehand) to form a creamy mix.

Serve by spooning 3 or 4 tablespoons of the sauce in the centre of a plate, placing the stuffed zucchini flowers on the top. Drizzle with olive oil and serve.

Makes 6 servings

