

# Sprig of Thyme

## ZUCCHINI FRITTERS WITH FETA AND HERBS / КЮФТЕТА ОТ ТИКВИЧКИ

*with Lemony Yogurt, Cheery Tomatoes and Cucumber*

*Makes about 15 / Serves 4*

### INGREDIENTS:

#### Fritters

- 5-6 small zucchini
- 1/4 teaspoon of sea salt
- 1/3 cup chopped fresh dill, plus more for garnish
- 1/3 cup chopped fresh mint, plus more for garnish
- 3/4 cup crumbled French or Israeli Feta\*
- 1/2 cup all purpose flour
- 1 large egg
- Black pepper
- 3-4 tablespoons of olive (or sunflower) oil for frying

#### Lemony yogurt

- 1 cup of full-fat Greek or Icelandic yogurt
- 1 garlic clove, mashed
- 1 tablespoon of chopped fresh dill
- Zest of 1 lemon
- 1 tablespoon lemon juice

#### Tomato and cucumber garnish

- 16-20 heirloom cherry tomatoes
- 1/2 English cucumber, peeled and diced
- Salt
- Pepper
- Olive oil

### DIRECTIONS:

#### To make the Zucchini Fritters

1. To make the fritters: Peel the zucchini and grate them on the large wholes of a box grater (yields about 2-2.5 cups of shreds) Place grated zucchini in a large mixing bowl, add the sea salt, and mix really well using your hands until the zucchini start feeling wet to the touch. Leave for 10-15 minutes to allow the juices to release.
2. Line a bowl with cheese a cloth, flour sack or a cotton kitchen towel, leaving the edges of the cloth to hang to the sides of the bowl. Place a handful of shredded zucchini in the center of the cloth (don't be tempted to add more shreds as it will be difficult to squeeze the liquid out.) Twist the cloth and squeeze as much liquid as possible. Place the squeezed shreds in a large mixing bowl. Repeat with the rest of the wet zucchini shreds. Add the rest of the fritters ingredients (except the oil) to the mixing bowl with the squeezed zucchinis, mix really well using your hands. Add more salt if needed.



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3. Heat 3 tablespoons of the oil in a large non-stick frying pan over medium-high heat. Add 2 tablespoons of mixture to your hands and flatten slightly to create a patty (about 3" diameter). Place in the hot pan with oil. Repeat and cook, in batches, for 2–3 minutes each side or until golden. You might need to add additional 1 tablespoon of oil to the pan between batches.
4. Place fritters on a large plate lined with paper towel. Set aside.

#### **To make the Yogurt Sauce**

Place yogurt, garlic, dill, lemon juice and zest in a bowl, mix well. Add salt and freshly ground black pepper to taste.

#### **To make the Tomato Salad garnish**

Cut the tomatoes in half and place in a bowl. Add a splash of olive oil and salt to taste. Toss to mix.

#### **To assemble**

Divide the yogurt sauce between 4 plates (or shallow pasta bowls). Using the back of a spoon, spread the yogurt on one side of each plate. Place 3–4 fritters on top of the yogurt. Spoon the tomato salad on the other side of the fritters, follow with the diced cucumber. Sprinkle with black pepper, chopped mint and dill (optional.) Enjoy!

\* Lets talk feta cheese! The crumbled, packaged, domestic stuff from the grocery store will overpower this dish (unless you absolutely love that type of pungent, salty feta). French and Israeli feta are far more mild, buttery and creamy. The bonus of French and Israeli feta is that they come in a big block and you can slice them or crumble them to whatever size you want. And, you will have some leftover cheese which is so good on an open-face grilled feta sandwich with asparagus and mint :)