

## **Italian marinated Fried Zucchini (zucchini alla scapece)**

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Thinly sliced zucchini, fried until golden, then marinated with vinegar, garlic, and mint—this Southern Italian classic is a simple and flavorful way to enjoy summer zucchini.

If you grew up in an Italian household or spent any time in a Southern Italian kitchen during the summer, chances are you've had Zucchine alla Scapece. This classic dish is just pan-fried zucchini, marinated in vinegar, garlic, and fresh mint—but don't let the simplicity fool you. It's full of bold flavor and the kind of recipe that tastes even better the next day. We always made this when the garden was overflowing with zucchini, and it was gone just as fast. Serve it as an antipasto, a side, or tuck it into a sandwich—this one's a summer staple.

## **Things to know about this Italian marinated Fried Zucchini (zucchini alla scapece)**

Zucchine alla Scapece is a dish in Southern Italy, especially in the Campania region where Naples is located. The name "scapece" is thought to come from the Spanish word *escabeche*,

which refers to marinating something in vinegar. It's a technique that was likely introduced during Spanish rule, but it became something uniquely Italian over time—simple, rustic, and full of Mediterranean flavor.

This recipe is traditionally made with summer zucchini, when they're in abundance and at their peak. The zucchini are sliced and fried until beautifully golden and slightly crisp on the edges, then marinated with thin slices of garlic and fresh mint before getting a generous splash of vinegar. As the dish marinates, all the flavors meld together—the zucchini soaks up the tangy vinegar and the aromatic garlic and mint, becoming even more flavorful by the hour.

Zucchine alla Scapece is very versatile. Serve it as a cold antipasto, a side to grilled meats or fish, or even tucked into a crusty sandwich. It's also naturally vegan and gluten-free, making it a great option for gatherings. The longer it sits, the better it tastes—so don't hesitate to make it a day in advance.

## Craving More Simple Italian Sides?

If you loved this classic *Zucchine alla Scapece*, be sure to check out more of my easy Italian side dishes—perfect for summer gatherings, family dinners, or anytime you want a taste of tradition. Roasted parmesan broccoli side dish or one of my personal favorites Italian – style sauteed Swiss chard

## Ingredients

**Servings:** 4–6

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Marinating Time:** At least 2 hours (or overnight for best flavor)

- 3 medium zucchini, thinly sliced into rounds
  - Extra virgin olive oil, for frying
  - 2–3 garlic cloves, thinly sliced
  - $\frac{1}{4}$  cup white wine vinegar (or red wine vinegar)
  - A handful of fresh mint leaves, torn
  - Sea salt, to taste
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## Instructions:

1. **Slice the zucchini:** Cut the zucchini into thin rounds, about  $\frac{1}{4}$  inch thick. Lightly salt and let them sit for 10–15 minutes to release excess moisture. Pat dry with paper towels.
2. **Fry:** Heat a generous amount of olive oil in a large pan over medium-high heat. Fry the zucchini in batches until golden on both sides. Drain on paper towels.
3. **Marinate:** In a shallow dish, layer the fried zucchini with slices of garlic and mint. Drizzle with vinegar and a touch more olive oil. Repeat until all the zucchini is used.
4. **Rest:** Let it marinate for at least 2 hours, or overnight in the fridge for deeper flavor. Serve chilled or at room temperature

