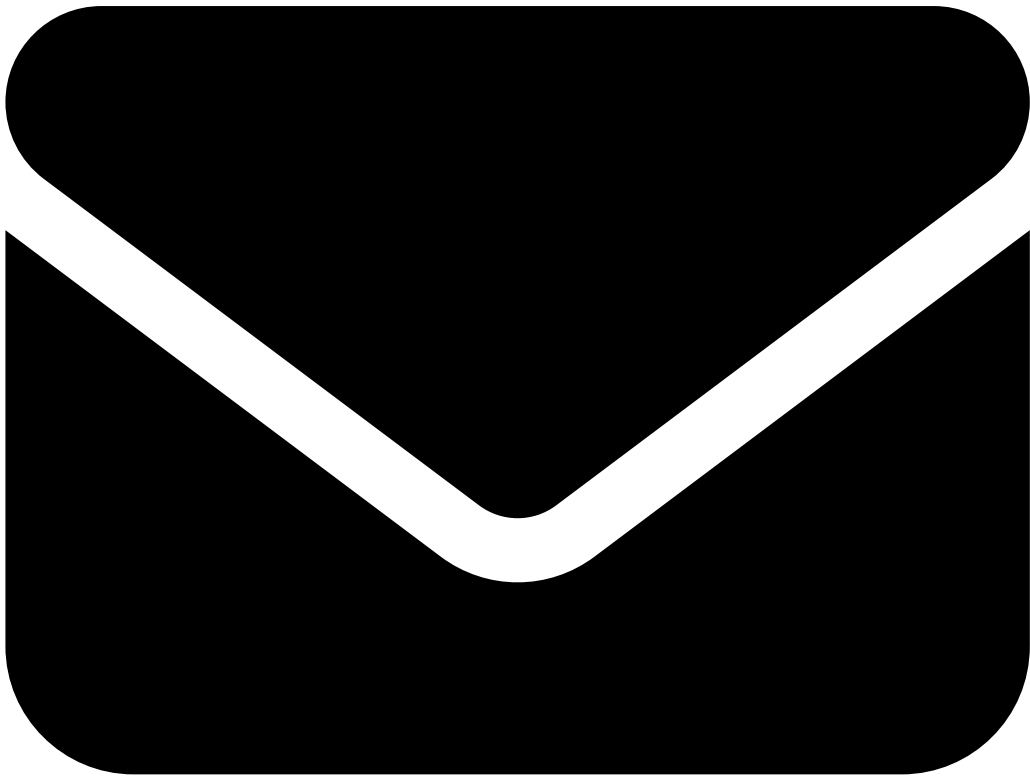


Crispy Fried Zucchini Flowers (Non-Stuffed)

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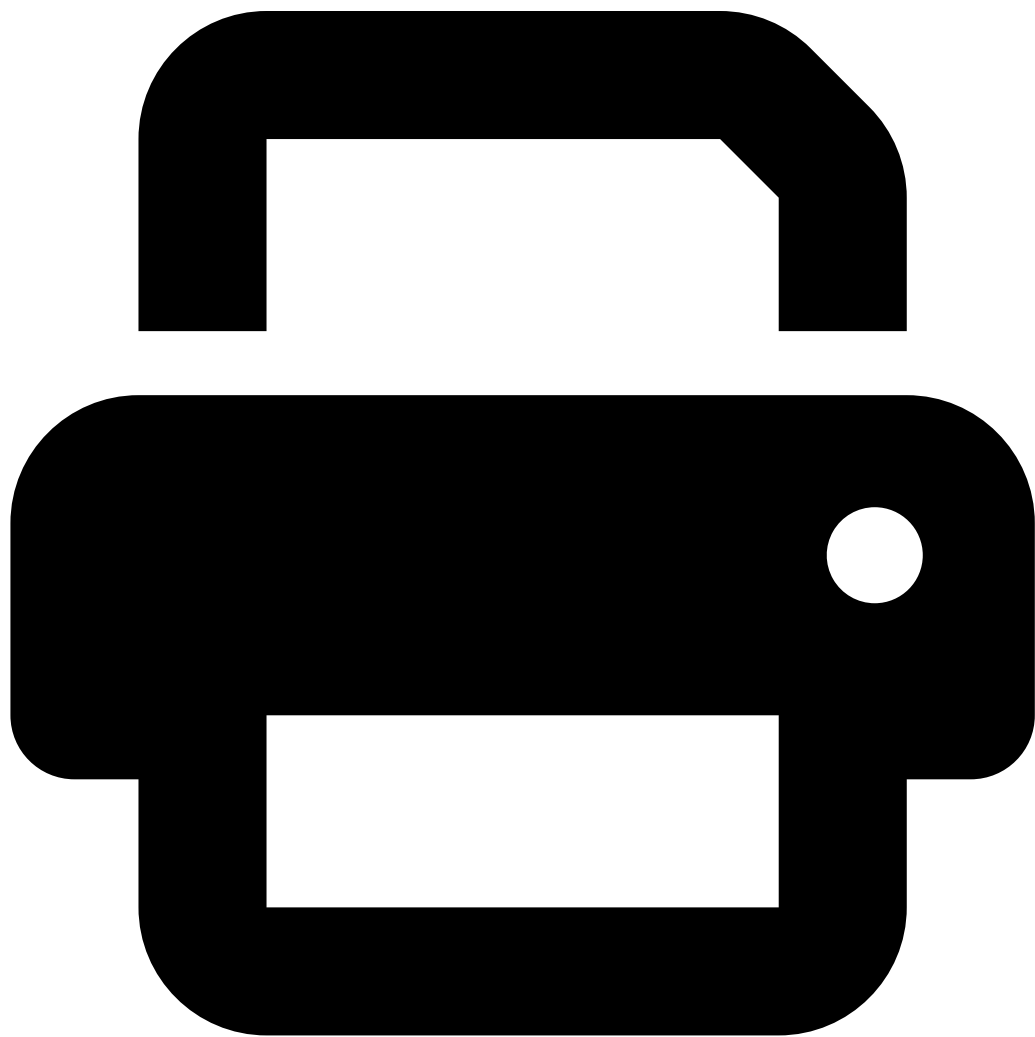
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I had fried zucchini flowers in Rome once... and honestly, the batter ruined it—way too thick, heavy, and greasy. It completely masked the delicate flavor of the flowers. But when they're done right? They're light, crisp, and absolutely dreamy. This version uses a simple tempura-style batter that lets the zucchini blossoms shine—no stuffing needed, just a quick dip and fry for the perfect summer bite.

Things to know about this Crispy Fried Zucchini Flowers (Non-Stuffed) recipe

Zucchini flowers are delicate and seasonal, usually blooming in late spring through summer. If you don't grow zucchini yourself, check your local farmers market—they often have them fresh in the mornings. Some specialty grocery stores or Italian markets may carry them, but they go fast, so grab them

when you see them! Make sure the blossoms look fresh and bright, not wilted or slimy. And remember: the fresher they are, the better they'll fry up!

How to clean zucchini flowers:

Zucchini flowers are delicate, so handle them gently. Start by giving them a light rinse under cool water to remove any dirt or tiny insects. Shake off excess water and pat dry carefully with a paper towel. Open each blossom and pinch off the yellow stamen inside—it can be bitter. If the flowers have long stems, leave a bit on; they make perfect little handles for dipping and frying!

Craving more easy Italian summer bites? Try my other favorite appetizers like baked tomatoes oreganata, zucchini alla scapece, and bruschetta grilled chicken tenders. Head to the blog for the full collection—perfect for entertaining or snacking al fresco!

Crispy Fried Zucchini Flowers (Non-Stuffed)



- 10 fresh zucchini flowers (stamens removed)
- $\frac{3}{4}$ cup 90g all-purpose flour (or 00 flour for extra lightness)
- $\frac{1}{2}$ cup 120ml club soda or sparkling water, ice cold
- $\frac{1}{2}$ cup grated parmesan cheese

- 1 tsp salt
- 4 cups olive oil for frying
- Optional: flakey salt or grated Parmigiano for serving

1. Prep the flowers:

Gently rinse zucchini flowers and pat dry with paper towels.

Carefully remove the stamens (inside the flower) if not already done.

Keep the stems on if possible – they make great little handles for frying and eating.

2. Make the batter:

In a bowl, whisk together the **flour and salt**.

Add the **ice-cold sparkling water** gradually and whisk just until smooth. The batter should be slightly runny – like heavy cream. Don't overmix (a few small lumps are fine).

3. Heat the oil:

Heat about 1–2 inches of oil in a skillet or small saucepan to **350°F (175°C)**.

4. Fry:

Dip each flower into the batter, let excess drip off, and carefully lower into hot oil.

Fry 2–3 at a time until light golden, about **1–2 minutes per side**.

Transfer to a paper towel-lined plate to drain.

5. Serve:

Sprinkle with a little flakey salt or freshly grated Parmesan while still warm. ENJOY!!!