

#169 AUGUST 14, 2024

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



Squash Blossoms are back for our Large Box!

A chef at a local restaurant came into our Pennington Farm Market a few weeks ago looking for our squash blossoms for that evening's special appetizer. I got to chatting with him and asked him what he was stuffing in them. He started to tell me the recipe involving fresh lobster meat and marscarpone and I had to find a recipe to share that was similar. Use this recipe to serve at your next dinner party and your guests will think you are a professional chef too!

Lobster-Stuffed Zucchini Blossoms



- 3 tablespoons extra-virgin olive oil
- 3 1/2 tablespoons fresh lemon juice, divided
- 1 tablespoon minced preserved lemon rind
- 2 1/2 teaspoons Aleppo pepper, divided
- 1 1/2 teaspoons kosher salt, plus more for sprinkling
- 1 (8-ounce) container mascarpone cheese
- 7 large eggs, divided
- 2 teaspoons lemon zest
- 2 tablespoons chopped mint leaves
- 1 pound cooked and picked lobster, crab, or shrimp meat, very finely chopped
- 24 zucchini blossoms
- 2 cups all-purpose flour (about 8 1/2 ounces)
- 2 cups toasted fine breadcrumbs
- Neutral oil, such as grapeseed, for frying

In your Box This Week!

Microgreens
Bell Peppers
Carrots
Eggplant
Lettuce Mix
Shallots

Small

Microgreens
Bell Peppers
Carrots
Eggplant
Lettuce Mix
Shallots
BMA rice

Medium

Microgreens
Bell Peppers
Carrots
Cherry Tomatoes
Eggplant
Lettuce Mix
Shallots
BMA Rice
Squash Blossoms

Large



Directions

Whisk together olive oil, 1 1/2 tablespoons lemon juice, preserved lemon rind, 1/2 teaspoon Aleppo pepper, and 1/2 teaspoon salt in a bowl.

Whisk together mascarpone, 2 eggs, lemon zest, mint, remaining 2 tablespoons lemon juice, remaining 2 teaspoons Aleppo pepper, and remaining 1 teaspoon salt in a separate bowl until smooth. Stir in lobster. Transfer to pastry bag or large ziplock plastic bag; if using a ziplock bag, snip a hole in bottom corner.

Clean zucchini blossoms (see Note)

Insert tip of piping bag into center of blossom without separating petals more than necessary. Carefully pipe 1 tablespoon lobster mixture into each blossom. Gently press outside of blossom to seal. Repeat with remaining blossoms and lobster mixture. Arrange filled blossoms on a rimmed baking sheet.

Beat remaining 5 eggs in a shallow dish. Place flour and breadcrumbs in separate shallow dishes. Dredge filled blossoms in flour; gently brush off excess. Dip blossoms in egg, then dredge in breadcrumbs.

Pour oil to a depth of 3/4 inch in a high-sided skillet; heat over medium until shimmering. Working in batches, fry blossoms until a delicate, golden crust forms, 90 seconds to 2 minutes.

Using a spider, transfer blossoms to a paper towel-lined baking sheet to drain. Sprinkle with salt. Serve hot with preserved lemon vinaigrette.

Notes:

HOW TO CLEAN ZUCCHINI BLOSSOMS

1. Using kitchen tweezers or long, thin scissors, clip away the pointed sepals where the stem meets the flower.
2. Blow into the flower so the petals separate naturally. Pluck out the stamen or pistils from inside.
3. Use a pastry brush to gently remove any dirt or pollen.

