

# Illinois Extension



## Fried Squash Blossoms

(serves 12)

In polling our staff who have made fried blossoms before, their favorite ways to serve them were drizzled with maple syrup, dipped in ketchup or ranch dressing, or as a side to tomato soup.

### Ingredients

12 large squash blossoms  
4 ounces saltine crackers (Tip 1)  
3 eggs  
3 Tablespoons 2% milk  
*Oil for frying*



### Directions

1. Fill a wide and deep saucepot or electric skillet with 1/8-inch of oil. Bring up to 350°F as measured with a candy thermometer (Tip 2). Add two layers of paper towels to a baking sheet; set aside.
2. Wash hands with soap and water. Rinse blossoms gently under cool water. Check inside and outside for insects and remove any if found. With a twisting motion, pull off base of flower and discard. Set blossoms aside on paper towels to drain.
3. Wash hands with soap and water. Crush crackers to make crumbs by using a food processor or by filling a zip-top bag with crackers and mashing with a rolling pin or with hands. Pour cracker crumbs onto a plate or shallow bowl. In another plate or shallow bowl, add cracked eggs and milk; beat until smooth. Wash hands with soap and water.
4. Dip each blossom into egg-milk mixture, turning to coat all sides. Add each blossom to plate with cracker crumbs and press crumbs onto all sides. Shake off excess cracker crumbs.
5. Place coated blossoms into heated oil. Cook on first side for 1-2 minutes or until golden brown in color. Using tongs, flip to other side and continue to cook until golden brown on that side, usually another 1-2 minutes. Remove blossoms to the paper towels on the baking sheet drain.

**Tip 1:** 4-ounces of saltines is equal to one sleeve of crackers from a 16-ounce box.

**Tip 2:** If a food thermometer is not available, sprinkle a small amount of cracker crumbs into oil. If crumbs sink, the oil is not yet hot enough. If the crumbs start to bubble and turn brown, the oil is hot.

**Adapted from:** Sandy Shriver, Macon County Master Gardener, University of Illinois Extension

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## Bacon-Chive Stuffed Squash Blossoms

(serves 10)

These blossoms are reminiscent of jalapeño poppers.

### Ingredients

10 large squash blossoms  
4 ounces block-style cream cheese, softened (Tip 1)  
1 Tablespoon cooked bacon bits  
1 Tablespoon minced chive  
4 ounces saltine crackers (Tip 2)  
3 eggs  
3 Tablespoons 2% milk  
*Oil for frying*



### Directions

1. Fill a wide and deep saucepot or electric skillet with 1/8-inch of oil. Bring up to 350°F as measured with a candy thermometer (Tip 3). Add two layers of paper towels to a baking sheet; set aside.
2. Wash hands with soap and water. Rinse blossoms gently under cool water. Check inside and outside for insects and remove any if found. Keeping blossom intact, remove stamen inside blossom with fingers, kitchen tweezers or scissors, or a small knife. Set aside on paper towels to drain.
3. In a small bowl, add cream cheese, bacon, and chive and mix until combined. Open a quart-sized zip-top bag, place over a coffee mug or tall glass, and fold opening over sides of mug. Spoon cream cheese mixture into zip-top bag. Press out excess air and zip bag shut. Push mixture towards a corner of the bag. Using clean scissors, cut off the corner of the bag; set aside. This will act as a piping bag for filling the blossoms.
4. Wash hands with soap and water. Crush crackers to make crumbs by using a food processor or by filling a zip-top bag with crackers and mashing with a rolling pin or with hands. Pour cracker crumbs onto a plate or shallow bowl. In another plate or shallow bowl, add eggs and milk; beat until smooth. Wash hands with soap and water.
5. Carefully open petals of each blossom and pipe around 1/2 to 1 Tablespoon of the cream cheese mixture into the base of the flower. (If you have small blossoms, use 1-2 teaspoons to start.) Twist petals together and tuck under the flower, or overlap and fold petals into the center of flower.
6. Dip each stuffed blossom into egg-milk mixture, turning to coat all sides. Add each blossom to plate with cracker crumbs and press crumbs onto all sides. Shake off excess cracker crumbs.
7. Place coated blossoms into heated oil. Cook on first side for 1-2 minutes or until golden brown in color. Using tongs, flip to other side and continue to cook until golden brown on that side, usually another 1-2 minutes. Remove blossoms to paper towels to drain.
8. Serve hot.

**Tip 1:** 4-ounces of block-style cream cheese is half of an 8-ounce block.

**Tip 2:** 4-ounces of saltines is equal to one sleeve of crackers from a 16-ounce box.

**Tip 3:** If a food thermometer is not available, sprinkle a small amount of cracker crumbs into oil. If crumbs sink, the oil is not yet hot enough. If the crumbs start to bubble and turn brown, the oil is hot.