

Zucchini Fritters 風 ズッキーニフリッター

Serves 2–3 as a side dish

Ingredients

材料

Main Mixture

フリッター生地

- 450 g zucchini, grated on the large holes of a box grater ズッキーニ
- $\frac{3}{4}$ tsp salt + small pinch MSG / about 4.5 g total 塩+MSG
- 1 medium egg (JP M size / about 50 g) 卵
- 35 g Pecorino Romano cheese, finely grated ペコリーノ・ロマーノ
- 45 g all-purpose flour 薄力粉
- 1 small garlic clove / 4 g, finely minced にんにく
- 20 g shallot or onion, very finely minced エシャロットまたは玉ねぎ
- $\frac{1}{2}$ tsp dried oregano OR parsley / about 0.5 g オレガノまたはパセリ
- $\frac{1}{8}$ tsp black pepper / 0.25 g 黒こしょう
- Optional: pinch red pepper flakes 唐辛子フレーク

For Cooking

焼き用

- 2–3 T olive oil (stovetop method) オリーブオイル
- Olive oil spray or light brushing oil (air fryer method) オリーブオイルスプレー



Instructions

作り方

Step 1 — Salt & Drain the Zucchini

1. Grate the **zucchini** using the large holes of a box grater.
2. Place the grated zucchini into a colander over a bowl.
3. Toss with the **salt + MSG**.
4. **Let sit for 30 minutes.**
 - This is extremely important for crisp fritters.
 - The salt pulls moisture from the zucchini and lightly seasons it.
5. Firmly squeeze the zucchini by handfuls to remove as much liquid as possible.
 - You can use clean hands, cheesecloth, or a kitchen towel.
 - The zucchini should feel noticeably drier afterward.

Step 2 — Make the Batter

1. Place the **drained zucchini** into a mixing bowl.
2. Add the **egg, Pecorino Romano, flour, garlic, shallot/onion, oregano or parsley, black pepper**, and optional **red pepper flakes**.
3. Mix thoroughly until evenly combined.
4. The mixture should hold together loosely when pressed with a spoon.
 - If it seems too wet, add another 1–2 tsp flour.
 - Avoid adding too much flour or the fritters become heavy.

Stovetop Method

フライパン調理

1. Heat a large skillet over **medium** to **medium-high heat**.
2. Add the **olive oil** and allow it to become properly hot before cooking.
 - The fritters should sizzle immediately when added.
3. Drop tablespoon-sized portions into the pan and flatten lightly.
4. Cook about **3–4 minutes per side** until deep golden brown and crisp.
5. Avoid overcrowding the pan.
 - Cook in batches if necessary.
6. Transfer briefly to a rack or paper towel before serving.

Air Fryer Method

エアフライヤー調理

1. **Preheat** the air fryer to **190°C** for **3–4 minutes**.
2. Lightly spray or brush the basket/crisper plate with olive oil.
3. Form small fritters about 6–7 cm wide and 1.5 cm thick.
4. Lightly spray the tops with **olive oil**.
5. Air fry at **190°C** for **7 minutes**.
6. Carefully **flip** the fritters.
 - A thin spatula works best.
7. Spray lightly again and continue cooking **another 5–7 minutes** until crisp and browned.
8. Cook an **additional 1–2 minutes** if deeper browning is desired.

Serving Suggestions

盛り付け

- Excellent with lamb steaks, grilled chicken, roast pork, yogurt-garlic sauce, lemon wedges, or marinara sauce.
- A small spoonful of Greek yogurt mixed with lemon and garlic works especially well.

Notes

メモ

- Pecorino Romano is saltier and sharper than Parmesan and gives a more Roman-style flavor.
- Smaller fritters crisp more easily than large pancakes.
- The zucchini must be drained thoroughly or the fritters may steam rather than crisp.
- Air fryer fritters are lighter and less oily but slightly less rich than the skillet version.
- These reheat well in the air fryer at 180°C for 3–4 minutes.

Nutrition

Entire Dish:

Kcal total: 520 | Protein: 24 g | Fat: 26 g | Sat Fat: 7 g | Carbs: 47 g | Sugars: 10 g |
Fiber: 5 g | Sodium: 1,650 mg | Omega-3: 0.2 g

Per Serving (3 servings):

Kcal total: 173 | Protein: 8 g | Fat: 9 g | Sat Fat: 2 g | Carbs: 16 g | Sugars: 3 g | Fiber: 2 g |
Sodium: 550 mg | Omega-3: 0.1 g