



RECIPE OF THE WEEK: 12/07/2021
Kolokythokeftedes
(Courgette Fritters)

This is a traditional Greek recipe which is easy and economical to make. The fritters are light and delicious and can be served a starter or a part of a meze. It is also an excellent dish to serve in the summer.

Makes 16-18

Ingredients

500g courgettes, about 4 large ones
onion, finely chopped
4-5 spring onions, finely chopped
½ a bunch of parsley, finely chopped
½ a bunch of mint, leaves only, finely chopped
⅓ of bunch of dill, finely chopped
Zest of 1 lemon
½ tsp of chilli flakes, optional
2 free-range eggs, lightly beaten
200g feta, coarsely crumbled
200g breadcrumbs
2 tbsp olive oil
1 tsp baking powder
75g all-purpose flour
sea salt and freshly ground black pepper
olive oil for frying



To serve

Greek yoghurt or tzatziki

Method

1. Wash the courgettes well and grate them on the thick part of the grater. Use your hands to press the grated courgettes to get rid of their juices. If you prefer, add a little salt to the grated courgettes, put them into a clean towel and then squeeze out the liquid.
2. In a large bowl, place the onion, the spring onions, parsley, mint, dill, lemon zest, chilli flakes if using, beaten eggs, feta, breadcrumbs and olive oil.
3. Add the salt and pepper but be careful not to add a lot of salt as the feta could be very salty. Fold the baking powder in the flour and slowly add it to the other ingredients in the bowl. Mix well with a spoon until you have a firm mixture.
4. Leave the mixture in a fridge for at least half an hour to firm a little bit more.
5. Form the fritters into circular patties, 5cm long and press the top to flatten them a little bit.
6. Heat the olive oil in a frying pan with a heavy base and when the olive oil is hot enough place the kolokythokeftedes in the frying pan, a few at a time. Fry them for 2 minutes on each side until golden.
7. Remove the fritters with a slotted spoon and place them on a greaseproof paper to absorb any excess oil.
8. Serve them hot accompanied with Greek yoghurt or tzatziki.