

RECIPE OF THE WEEK: 18/01/2021
Kolokythokeftedes
(Courgette Croquettes with Feta)



These courgette fritters with feta and fresh herb are served as a delicious vegetarian appetiser with either thick Greek yoghurt or tzatziki.

Ingredients

Makes: 12-15

4 courgettes, weighing about 450g in total
1 small handful of flat leaf parsley, finely chopped
1 small handful of fresh mint, leaves only, finely chopped
1 small onion, peeled and finely chopped
2 spring onions, finely chopped
½ tsp nutmeg
zest of a lemon
2 cloves of garlic, crushed
2 medium free-range eggs, lightly beaten
250g feta, crumbled
75g plain flour and some extra for coating
sea salt and freshly ground black pepper
vegetable oil for shallow frying



Method

1. Coarsely grate the courgettes and squeeze out as much liquid as you can with your hands. Alternatively, you can drain them in a colander with a little salt for at least 1 hour and then squeeze them gently with your hands to remove most of the liquid.
2. Add all the ingredients apart from the vegetable oil and mix well with your hands until well combined. Add a little more flour if needed.
3. Divide the mixture into 12 or 15 balls about 1 cm thick. Flatten them slightly by pressing them down with the palm of your hand forming small cakes.
4. Lightly dust the croquettes with a little flour and shallow fry in about 1 cm of oil over medium to high heat in batches. Fry them for about 2-3 minutes on each for side until golden brown.
5. Drain on kitchen paper. Serve with plain Greek yoghurt or tzatziki as a first course or as part of a meze.