Fresh Vegetable

COURGETTE FLOWERS



Ref: COFL-01

Weight: 8 trays, 10 flowers per tray

Description: The edible flower of the courgette, or zucchini bush. There are two sorts of flower: the flower with the immature vegetable attached is the female and the more eyecatching flower on the long stalk is the male. It is the male flower that is sold in bunches and used in Italian cooking.

Season: Summer

Serving suggestion: Stuff courgette flowers with herbs and cheese and fry them briefly; dip in light batter and deep fry them; or toss in olive oil until just wilted, then stir through risottos. The flowers don't last so buy and cook them on the same day. Go with cheese, cream, pancetta, pasta, batter.

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