Broccoli Parmesan Fritters

Description

There's a lot of broccoli and very little pancake in this fritter. The broccoli is not grated or pureed, but left in small, recognizable bits that are bound lightly, faintly, to their batter of egg, parmesan and flour. And when you cook them right — that is, to a crisp, in a preheated, heavy, oil-slicked skillet — they get a fantastic crisp edge to them, like they were coated in frico. I imagine that if you were to roll the pancake in additional parmesan, it would get extra frico, though I haven't tried it yet. Also, I'd like someone to start a band called Extra Frico.



Summary

Yield: 9
Prep Time: 30 minutes
Category: Vegetables
Cuisine: American

Ingredients

- 8 ozs Fresh Broccoli 3 cups chopped
- 1 large egg
- 1/2 cup all purpose flour
- 1/3 cup parmesan cheese
- 2 clove garlic minced
- 1 tsp kosher salt
- Pinch of red pepper or black peper

Instructions

Prepare your broccoli: Separate the florets from the biggest stem(s). Cut the florets into 1-inch chunks.

To prepare the stems, I like to peel them, as the skin can be thick and doesn't cook quickly, then slice them into 1/2-inch lengths.

You should have about 3 cups of chopped broccoli total.

Steam your broccoli until tender but not mushy: Use whatever method you prefer.

My quickie, lazy method is to bring a 1/2-inch or so of water to a boil in a small saucepan, then add the broccoli, place a lid on it and simmer it for 5 to 6 minutes. Drain the broccoli, then set it aside to cool slightly.

In the bottom of a large bowl, lightly beat your egg.

Add the flour, cheese, garlic, salt and pepper. Then, add the somewhat cooled broccoli and, using a potato masher, mash the broccoli just a bit. You're looking to keep the bits recognizable, but small enough (1/4- to 1/2-inch chunks) that you can press a mound of the batter into a fritter in the pan.

Once mashed a bit, stir or fold the ingredients together the rest of the way with a spoon. Adjust seasonings to taste.

Heat a large, heavy skillet over moderate heat.

Once hot, add a good slick of oil (I usually use a mix of olive and vegetable oil), about 2 to 3 tablespoons.

Once the oil is hot (you can test it by flicking a droplet of water into it; it should hiss and sputter), scoop a two tablespoon-size mound of the batter and drop it into the pan, then flatten it slightly with your spoon or spatula.

Repeat with additional batter, leaving a couple inches between each.

Once brown underneath, about 2 to 3 minutes, flip each fritter and cook on the other side until equally golden, about another 1 to 2 minutes.

Transfer briefly to paper towels to drain, then to a serving plate if you'll be eating them shortly or a baking sheet in a 200 degree oven if you'd like to keep them warm for a while until needed.

Repeat with remaining batter, adding more oil as needed.

Notes

To serve: I like these with a dollop of the garlicky lemon yogurt I share here, roughly 1 cup plain yogurt, 2 tablespoons lemon juice, 1 tiny minced clove of garlic, a bit of zest and salt. It would also be good with this homemade ricotta, with or without additional lemon juice. They're also good simply, with just a squeeze of lemon juice. I think I'd also enjoy them with a little crumbled feta on top. Oh, and of course, you can put a runny fried egg on top of it. But I don't need to tell you that.