

## Zucchini Pancakes

Our Young Chefs, 2015  
Makes 10 3-inch pancakes

*Turn that frown into a smile when the zucchini start piling up from the home garden at the end of summer. Zucchini never tasted so good! Enjoy these quick and easy savory pancakes as a side dish to eggs for brunch or with roasted or grilled meat.*



### INGREDIENTS

2 medium zucchini (about 1 pound)

washing the **zucchini** to remove any fine dirt that may cling to the skin. Pat dry. Using the coarse/large holes on a box grater, grate the **zucchini** into a bowl. Place the grated **zucchini** in a tea towel; squeeze lightly to remove some of the **liquid**. Discard the liquid. Place the **zucchini** in a medium-large mixing bowl.

2 tablespoons grated red onion\*

1 large garlic clove

$\frac{1}{4}$  cup red bell pepper,  $\frac{1}{4}$ -inch dice  
(optional)

2 tablespoons Parmesan cheese, grated  
(optional)

2 extra-large eggs, lightly beaten

1 teaspoon Dijon mustard (optional)

6 tablespoons all-purpose flour *plus*  
more if needed

1 teaspoon baking powder

1 teaspoon kosher salt

$\frac{1}{2}$  teaspoon freshly ground black  
pepper

$\frac{1}{2}$  tablespoon *each* unsalted butter and  
vegetable oil

Additional unsalted butter and oil, as  
needed to cook the pancakes

low; drop 3-tablespoon amounts of **zucchini batter mixture** into the pan *OR* onto the griddle. (A convenient strategy for dishing uniform 3-tablespoon-amounts of the **pancake batter** onto the griddle is to use a  $\frac{1}{4}$ -cup measuring cup, but not fill the cup quite full.)

### DIRECTIONS

**Prepare the zucchini:** Wash the **zucchini** under cool running water; it is helpful to use a vegetable brush when

**Onion:** Grate the **onion** \* using the coarse/large holes on a box grater.

**Garlic:** Prepare the **garlic** by one of three methods: finely dice with a knife, grate using a microplane *OR* pass through a garlic press.

**Bell pepper and Parmesan cheese:** Dice the **red bell pepper**, as described, and grate the **Parmesan cheese** on the fine holes of a box grater.

**Assemble the zucchini pancake mixture:** Add the **onion**, **garlic**, **bell pepper** and **Parmesan** to the mixing bowl with the **zucchini**, along with the **eggs**, **mustard**, **flour**, **baking powder**, **salt** and **black pepper**; gently stir with a flexible spatula to blend the ingredients until evenly mixed. (If the **batter mixture** becomes thin from **liquid** being released from the **zucchini** during the blending process, add 1 or 2 additional **tablespoons** of **flour**.)

**Portion and cook the pancakes:** Preheat the oven to 250°F. Heat a large (12-inch or larger) skillet *OR* pancake griddle over medium heat; heat the **butter** and **oil** together in the skillet or on the griddle. When the **butter** is melted, hot but not smoking, lower the heat to medium-

\*To make the onion become a little less likely to cause intense eye watering/tears when grating, place the onion in the refrigerator for 2 to 3 hours before grating.

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**Finish cooking the pancakes; serve:** Cook the **pancakes** about 2 minutes on each side, until browned. Place the **pancakes** on a cooling rack set on a baking sheet pan; place the sheet pan in the preheated oven to keep the **pancakes** warm. Wipe the skillet or griddle with a dry paper towel to clean, add more **butter** and **oil** to the pan; continue to cook the **pancakes** until all of the **batter** is used. The pancakes can stay warm in the oven for up to 30 minutes. Serve hot.

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