



sharing our Greek culinary heritage

Stella's KoloKithoKeftedes

(Zucchini Fritters)

You will need...

- 450g zucchini, coarsely grated (zucchini weighed after the ends have been cut off)
- 1 large brown onion, coarsely grated
- 1 bunch dill, finely chopped
- 2 eggs
- Cracked black pepper - to taste
- 120g self-raising flour
- 300g feta, crumbled
- ¼ cup extra virgin olive oil (EVOO)

Preparing the KoloKithoKeftedes

- Mix all the ingredients in a medium to large bowl

Baking the KoloKithoKeftedes

- Add a generous glug of EVOO to a large baking pan and place it in an oven pre-heated to 180°C
- Heat the oil till it sizzles when you add a strand of zucchini to it
- Add 9 - 12 separate spoonful of the zucchini mixture to the baking pan
- Bake the kolokithokeftedes till their edges begin to brown and the bottoms are golden - approximately 12 minutes
- Flip them and bake them till they brown on the other side too - approximately 9 minutes
- Transfer them onto a plate lined with paper towels
- Add some more oil to the pan and heat it up once more - approximately 5 minutes

- Add more mixture to the pan and continue baking, flipping and transferring the kolokithokeftedes to a plate, until all of the mixture has been used up

Serving the Kolokithokeftedes

- Allow the kolokithokeftedes to cool for 10-15 minutes and enjoy them as they are or with some plain Greek yoghurt or some Greek yoghurt brightened with some lemon zest and a little Ladi Biosas!
- Kali Orexi!

Recipe Notes

- I grate the zucchini using a box grater. I grate only in a downwards direction at a very shallow angle, so the zucchini strands are long. This enhances the texture of the fritters.
- The oil has to be hot so you get some immediate frying action in your oven and the kolokithokeftedes stay formed and not runny and all spread out. Do not remove the pan from the oven when adding the batter, the pan will cool and you will not get that immediate frying needed to hold the fritter together.
- The zucchini will release a little water as the batter sits in the bowl. That's okay - just mix the batter well before spooning more into the pan. This may make the later fritters a little flatter than the earlier fritters, but that is okay too. Resist the urge to add flour to thicken the batter. Adding more flour will make the kolokithokeftedes doughy - and that is not the texture we want.