

Zucchini Fries  
Chef Jenn Magrey  
Ledyard Farmer Market

1 large zucchini cut into matchstick French-fry pieces – LoPresti Farm  
2 cups panko bread Crumbs  
1 teaspoon garlic Powder  
1/2 teaspoon kosher salt  
1/2 teaspoon onion powder  
Black pepper to taste  
1//2 teaspoon smoked Paprika  
½ cup grated Pleasant Sun Cheese - Sankow Beaver Brook Farm – grated fine (any parmesan style will works too)

Frying Oil – 3 cups  
AP flour  
2 eggs and a little water

Make a dredging station with three bowls.

Flour in one, eggs and a splash of water in another, and the panko mixed with the spices and cheese in the third.

Heat the Vegetable Oil in a dutch oven (or high sided frying pan) to 350.

Test the oil by dropping a pinch of the panko into the oil. It should immediately bubble and start to cook.

When ready, toss a few of the zucchini pieces into the flour first, then the eggs, and then the panko.

Drop carefully a few pieces at a time. Do not crowd the pan. Cook until golden. About 3 minutes total.

Drain on a paper town lined plate.

Serve with a marina dipping sauce! LoPresti Farms makes an AMAZING marinara!