

The Gluten Free Cooking Expo's Blog

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GF Fried Zucchini

I was at the [Thrive Allergy Expo](#) last month and the very nice men from [ChoiceBatters](#) gave me a box of their GF batter to try. I have had it sitting on my shelf for a few weeks and today it was rainy and cold outside. My kids wanted to “cook” and we had the choice of making dried apples or fried zucchini. The fried zucchini won – and what a treat it was!

When you open the box of [ChoiceBatters](#), it smells like celery seeds. At first I thought we were going to fry apples, but the strong celery scent made me think I should fry a vegetable first. Wrong – apples would have been delicious too. The scent does not transfer when you are frying and I think this would be delicious on apples or pears.

To make the batter, I mixed 1/2 cup of the batter mix with 1/2 cup cold water. It was very thick and adhered well to the zucchini slices. I poured some canola oil in a saucepan (I was soaking my frying pan or I would have used it) and heated the oil. We added the zucchini and for the first time in a very long time I enjoyed fried zucchini again.

My kids (very honest critics) both let out a big YUMMMM! I can't emphasize how much they liked this treat. Not that we are going to be frying things daily, but it is so nice to know that we could have a “normal” fried food item again. I can't wait to try to make fried chicken! Stay tuned...