

## Stuffed courgette flowers

This is my basic recipe but feel very free to tweak it. How about adding chopped capers or olives? Maybe walnuts, pine nuts. Chilli? Maybe a chilli dipping sauce? However you make the stuffing, these are a delicious treat and make good use of flowers from the male plants as well as the female. I've sometimes made them with tiny courgettes attached but only when I know I have a surplus of the actual vegetable.

For 4

8 courgette flowers

100g petit pois (frozen is fine).

150g Philadelphia cream cheese (or soft goat's cheese)

Salt and pepper

Small bunch of mixed herbs – eg parsley, tarragon, chives, mint

1 tbsp olive oil

Oil for frying

For the batter

150g plain flour

Salt and pepper

1 egg

180ml cold lager

Make the batter by sifting the flour into a bowl. Season and add the egg and beat in the lager with a balloon whisk until it is the thickness of runny yogurt.

Shake out any little bugs from the flowers and remove the stigma from the centre.

Cook the peas for 3 minutes. Combine with all the other stuffing ingredients.

Fill each flower and twist the ends of the flowers to seal.

Fill a saucepan up to the 2/3 mark with oil. Drop a cube of bread in to test the heat. It should turn golden brown in under a minute.

Dip each stuffed flower in the batter and fry for 30 seconds before turning and letting them cook on for 2 minutes.