



## *The Edible Garden*

Recipe featured at the *Cooking for the Season* demonstration,  
September 30

### **Crab Stuffed Zucchini Blossoms with Basil and Mozzarella di Bufala**

By: Kevin O'Connell, Chef at Veranda

#### **Ingredients (Serves 6)**

12 whole zucchini blossoms  
1 pound jumbo lump crabmeat  
1 pound fresh buffalo mozzarella  
1 whole bunch basil (24 best leaves reserved for garnish)  
4 cups lightly packed baby arugula leaves  
1 pint of ripe grape tomatoes, cut in half  
¼ cup fresh lemon juice  
¼ cup extra virgin olive oil  
Kosher salt and fresh ground white pepper to taste  
1 stick of unsalted butter and light olive oil for sautéing

#### **Instructions**

1. Open squash flowers and remove stamen.
2. Wrap each of 24 nuggets of crab with a basil leaf.
3. Add 1 small piece (size of crab nugget) of mozzarella to bottom of the flower and then 1 piece of crabmeat then alternate another piece cheese and another piece of crabmeat.
4. Reassemble flower back to its original shape and secure leaves closed with a toothpick. Allow to rest in refrigerator, covered, for 10 minutes or up to 1 hour. Remove from refrigerator and let them come up to room temperature for 5 minutes, then season lightly with salt and pepper.
5. Melt 1 tablespoon of butter and 1 tablespoon of olive oil on medium heat in a heavy bottom sauté pan. When the butter foams lightly, add 3 to 4 blossoms (do not overcrowd). Allow to sauté on all sides by gently rolling flowers for approximately 3 to 4 minutes total. Repeat with remaining flowers.
4. Toss arugula and tomatoes with olive oil and lemon juice and season lightly with salt and pepper. Arrange salad on 6 small plates. Top each salad with 2 blossoms and serve.