



Deep Fry Batter

Here is a gluten-free batter you can use for deep-frying. In this recipe we've made zucchini sticks and green bean fries, and included three easy dipping sauce recipes.

Ingredients

- 2 to 3 dozen thin green beans (partially steamed if necessary) and/or zucchini sticks, cut and drained on paper or kitchen towels
- BATTER
- 1 cup minus 1 TBSP [Pamela's Artisan Flour Blend](#) or [Pizza Mix](#)
- 1 ½ tsp salt
- 2 tsp sugar
- ½ tsp black pepper and/or ¼ cayenne (Optional)
- 1 TBSP butter, melted and cooled to room temperature
- 1 egg yolk
- 2 egg whites, separated and whipped to stiff peaks
- ½ cup white wine and ½ cup cold soda water, OR 1 cup gluten-free beer
- oil—for deep frying

Directions

Wash and cut the tips off the green beans. Cut the zucchini in half lengthwise and then into thirds, making 6 wedges per zucchini.

Heat oil to 350° in deep heavy pot; make batter when oil is almost up to temperature.

BATTER:

Whisk together flour, salt, sugar, pepper and cayenne in a medium bowl. In the bowl of a stand mixer beat the two egg whites until stiff peaks form. In a separate large bowl, mix together one egg yolk and butter, then add wine and club soda (or beer) and mix. Add dry ingredients, and whisk to combine (don't worry if there are a few lumps), then fold in the egg whites. Use immediately.

Use tongs or long chopsticks to take one piece of vegetable, dip in the batter, shake off the extra batter, then slip gently into the hot oil. Fry until crisp and golden brown, about three minutes. Drain well on paper towels. Transfer to a wire rack set inside a rimmed sheet pan; keep veggies warm in a 200° oven until all are fried.



Chef's Note: This batter is exceptional for zucchini blossoms; holding the 1" stem of the flower, drag it across the batter, lightly coating one side, then flip and drag again, coating the second side. The earthy, floral flavor of the blossom and the wine batter are perfect complements.

DIPPING SAUCES

Japanese Dipping Sauce

2 TBSP sugar

2 TBSP water

¼ cup plus 1 TBSP gluten-free soy sauce

¼ cup lemon juice

Combine sugar and water, bring to boil, and turn off heat. Add gluten-free soy sauce and lemon juice, and set aside. When ready to serve, dilute with water to taste and serve at room temperature.

Creamy Horseradish Sauce

1 cup Greek yogurt

1 tsp creamy horseradish or more to taste

Salt, pepper, and cayenne to taste

Mix and serve.

Roasted Red Pepper Sauce

½ cup Greek yogurt

½ cup roasted red pepper sauce (Trader Joe's is great)

Salt, pepper, and cayenne to taste

Mix and serve.

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