

Cheddar Zucchini Pancakes with Poached Eggs

3 1 / 2 cups coarsely grated zucchini ~ 2 medium
1 / 2 cup finely sliced scallions ~ 3 medium
6 3 / 4 oz flour ~ 1 1 / 2 cups
1 tsp baking powder
Kosher salt and freshly ground black pepper

4 oz Cheddar cheese, grated ~ 1 1 / 2 cups
Olive oil for frying
5 large eggs
1 / 2 tsp apple cider vinegar

1. Position a cooling rack on a large rimmed baking sheet and turn your oven on to 200°F.
2. Set strainer over a bowl, put zucchini in the strainer (in batches if you like) and squeeze it to extract some of the liquid. Reserve the liquid.
3. Set aside 2 Tbl of the scallions.
4. In a large bowl combine flour, baking powder, 1 tsp salt and 1 / 8 tsp pepper.
5. Add the zucchini, cheese and remaining scallions and toss to coat in flour.
6. Beat 1 egg with enough of the reserved zucchini liquid to make 2 / 3 cup of liquid adding water if necessary to make 2 / 3 cup.
7. Add to the flour mixture and stir to make a thick batter.
8. Heat a large skillet over medium low heat and coat with oil (~1 Tbl).
9. Scoop 1 / 3 cup of batter into the skillet and flatten with a spoon to form a 1 / 2 inch thick pancake.
10. Cook until one side is golden brown (~5 minutes). Then flip and cook until the center is cooked through (~4 minutes more).
11. Transfer the pancake to the oven to stay warm and cook the rest of the batter adding oil to the pan with each batch.

Poached Eggs

1. Fill a 3 quart sauce pan with 2 inches of water and bring to a boil.
2. Add vinegar and reduce to simmer.
3. One at a time, crack the remaining eggs into a small bowl and then gently slide them into the water.
4. Poach until the whites are set (2-3 minutes).
5. Remove eggs one at a time in the order they went into the water with a slotted spoon, Gently pat dry with a paper towel.
6. Serve with Zucchini Pancakes.

NOTES

1. Serve pancakes with an egg (as noted above) or salad or both for a light lunch or dinner.
2. Make mini cakes and dollop them with yogurt or sour cream and serve as appetizers.

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