REPLENISH
NOURISHING NEIGHBORS

CULINARY LEARN AND SHARE

Asparagus Fritters (Crispeddi in Sicilian Dialect)

Ingredients

- 2 bunches of asparagus cut into pieces (about 4 cups)
- 2 large eggs
- 1 cup (250 mL) all-purpose flour
- ½ teaspoon (2.5 mL) baking powder
- ½ cup (120 mL) water or more as needed
- ¾ (4 mL) teaspoon salt
- 2-3 tablespoons (30-45 mL) finely grated parmesan cheese*
- 3 tablespoons (45 mL) vegetable oil

Directions

Parboil asparagus to soften. Drain and set aside on a clean towel or paper towel to soak up excess water.

In a large bowl combine eggs, flour, baking powder, water, salt. Whisk the ingredients until smooth. The batter will have a thick, pancake-like consistency. If it is too thick, add extra water 1 tablespoon (15 mL) at a time.

Add the softened asparagus to the batter along with the parmesan cheese.

To fry, heat vegetable oil on medium-high heat in a large skillet. Spoon batter (about 2 tablespoonfuls/30 mL) into the hot oil. Cook until browned, about 2 minutes. Flip with a spatula and cook until the underside is browned, about 2 more minutes.

Transfer to a paper towel lined tray to absorb excess oil. Serve hot or at room temperature.

*Substitute asparagus for other vegetables including swiss chard, zucchini, or cauliflower.

Recipe Submitted by: Jennifer Apostol, REPLENISH
(recipe passed down by my grandparents)