



## ZUCCHINI HUSH PUPPY FRITTERS

4.5 QUART CAST IRON CHICKEN FRYER

# ZUCCHINI HUSH PUPPY FRITTERS

BY CHEF GEOFFREY ZAKARIAN

Serves: 4 People

Pan Used: 4.5 Quart Cast Iron Chicken Fryer

## INGREDIENTS

2 quarts canola oil, for frying

1 cup all purpose flour

½ cup fine yellow cornmeal

½ teaspoon baking soda

½ teaspoon kosher salt, plus more  
for seasoning the fritters

½ teaspoon cayenne

1 large egg

¾ cup buttermilk

2 cups grated zucchini, wrung very  
dry in a kitchen towel

¼ cup chopped mixed fresh herbs,  
such as basil, chives, cilantro and  
Italian parsley

## DIRECTIONS

- Fill 4.5 Quart Cast Iron Chicken Fryer with three inches of vegetable oil. Clip deep-fry thermometer onto side of pan and heat to 360°F.
- In a large bowl, whisk together flour, cornmeal, baking soda, salt and cayenne.
- In another large bowl, whisk together the egg and buttermilk. Whisk in the flour mixture until just combined. Do not overmix. Fold in the zucchini and herbs.
- Working in batches, use a tablespoon to drop a spoonful of batter into the hot oil. Fry, flipping once, until golden all over and cooked through, about 4 minutes per batch. Drain on paper towels. Season with salt and serve right away.

TIP: This well-balanced batter works with vegetables that can be grated—other squash, carrots, sweet potatoes and with corn kernels. Be sure to wring as much liquid as possible out of the grated vegetables before adding to the batter. Corn does not have to be wrung out: just use as is.

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**SPRING VEGETABLE BEIGNETS**

4.5 QUART CAST IRON CHICKEN FRYER

# SPRING VEGETABLE BEIGNETS

BY CHEF GEOFFREY ZAKARIAN

Serves: 8 People

Pan used: 4.5 Quart Cast Iron Chicken Fryer

## INGREDIENTS

2 quarts canola oil, for frying

1 ½ pounds of spring vegetables, peeled and trimmed (asparagus, baby carrots, ramps, fiddleheads, sugar snap peas, or baby artichokes)

1 ¼ cups flour

¾ cup cornstarch

1 tablespoon baking powder

1 ½ tablespoons sugar

¼ teaspoon kosher salt, plus more for sprinkling

3 ½ cups ice water

## DIRECTIONS

- Fill 4.5 Quart Cast Iron Chicken Fryer with three inches of vegetable oil. Clip deep fry thermometer onto side of pan and heat to 360°F.
- While oil is heating, prepare vegetables for dipping. Trim any tough ends or peel where necessary. Set aside on tray.
- Combine flour, cornstarch, baking powder, sugar and salt in a mixing bowl. Add 3 ½ cups ice water to the dry ingredient mixture and then gently fold until almost smooth. Do not overwork.
- Taking one vegetable at a time, dip into the beignet batter. Immediately drop into the oil and fry until golden brown, about 45 seconds to one minute. Drain the beignets on a wire rack over paper towels, seasoning with kosher salt immediately. Continue with remaining vegetables.

TIP: This batter can also be used to coat chicken. Cut chicken breast into tenders, dip into beignet batter and fry for 6-8 minutes. Your kids will love them!

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**SPICY COCONUT COD TEMPURA**

4.5 QUART CAST IRON CHICKEN FRYER

# SPICY COCONUT COD TEMPURA

BY CHEF GEOFFREY ZAKARIAN

Serves: 4 People

Pan Used: 4.5 Quart Cast Iron Chicken Fryer

## INGREDIENTS

For the tartar sauce:

- 1 cup mayonnaise
- 2 teaspoons sweet pickle relish
- 1 teaspoon yellow mustard
- 1 teaspoon lemon juice

For the cod tempura:

- 2 quarts canola oil, for frying
- 2 large cod fillets, cut into 1 ½ inch pieces, about 1 ¼ pounds
- 1 cup rice flour
- ½ cup cornstarch
- 1 teaspoon baking powder
- ½ teaspoon cayenne pepper
- 1 teaspoon kosher salt, plus more for sprinkling
- 1 large egg
- ½ cup chilled club soda or seltzer
- 1 ¼ cups coconut milk, chilled

## DIRECTIONS

- To make the tartar sauce: In small bowl whisk together mayonnaise, sweet pickle relish, yellow mustard, and lemon juice. Store in refrigerator while preparing the cod tempura.
- To make the tempura batter: In a large bowl, whisk together the flour, cornstarch, baking powder, and salt.
- In a spouted measuring cup, whisk together the egg, club soda, and coconut milk. Whisk egg mixture into the flour mixture just until combined; a few lumps are okay.
- Fill 4.5 Quart Cast Iron Chicken Fryer with three inches of vegetable oil. Clip deep fry thermometer onto side of pan and heat to 360°F. When oil is ready, dip the cod pieces in the tempura batter and fry, in 2 or 3 batches, until the coating is crisp and golden brown, about 5 minutes per batch. Drain on paper towels and sprinkle generously with kosher salt. Serve the cod tempura immediately with tartar sauce and lemon wedges.

TIP: Replace the cod with peeled, deveined extra large shrimp. The coconut milk adds a subtle sweetness to the batter that complements shellfish well.

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# SHAKE AND BAKE BUTTERMILK FRIED CHICKEN

4.5 QUART CAST IRON CHICKEN FRYER

# SHAKE AND BAKE BUTTERMILK FRIED CHICKEN

BY CHEF GEOFFREY ZAKARIAN

Serves: 4 People

Pan Used: 4.5 Quart Cast Iron Chicken Fryer

## INGREDIENTS

1 quart buttermilk

2 tablespoons kosher salt

4 cloves garlic, smashed

3 sprigs rosemary

3 sprigs thyme

1 tablespoon hot sauce, preferably  
Frank's

1 lemon, juiced

3 ½ pounds chicken, drumsticks and  
thighs, bone in-skin on, about 8  
pieces

2 quarts canola oil, for frying

2 cups all purpose flour

½ teaspoon cayenne pepper

Sea salt, to garnish

Honey, for drizzling

## DIRECTIONS

- Combine buttermilk, kosher salt, garlic, rosemary, thyme, hot sauce and lemon juice in mixing bowl. Pour into a gallon zip lock bag. Add the chicken to the buttermilk brine and refrigerate for at least 4 hours or overnight.
- Remove the chicken from the brine and transfer to a wire rack placed over a parchment-lined sheet tray.
- Pour enough oil in 4.5 Quart Cast Iron Chicken Fryer a little more than half way. Clip deep fry thermometer onto side of pan and heat to 375°F. While the oil is heating, combine the flour and cayenne together in a gallon size ziploc bag.
- Toss the chicken in the flour mixture making sure that every piece is coated evenly with flour, working in batches. Set dredged chicken aside on a plate. Fry the chicken in several batches, turning once, until golden brown and crisp, about 12 minutes or until an instant-read thermometer inserted into the thickest part reads 160°F. Transfer chicken to a wire rack placed over a paper towel-lined sheet tray. Season with kosher salt and drizzle with honey.

TIP: Oil for frying can be used more than once. Just strain after it's cool and store in a lidded container for up to two weeks.

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