

JULIENNE ZUCCHINI CHIPS

INGREDIENTS

450g Zucchini

6 Tbsp Coconut Flour

4 Eggs

1/4 cup Cream

1 tsp Garlic Powder

1 tsp Onion Powder

2 tsp Baking Powder

To taste Salt & Pepper

For frying Olive Oil

METHOD

Julienne the zucchini by slicing it into strips, using a knife or a julienne slicer. Dry it well with a towelling cloth before battering it. If it has moisture the batter won't stick as well as it should.

Preheat about half a centimetre of olive oil in a pan for frying. Use a Medium to High heat, about 4 or 5 on most conventional stoves. Make sure it is properly hot before putting the battered zucchini into it. Be cautious when placing the zucchini into the oil, as it could spatter.

In a large bowl, whisk the eggs until frothy, then add the cream and coconut flour and mix well. Next add the onion powder, garlic powder, baking powder, salt and pepper and mix. Let the batter rest for 5 minutes before using it. It will thicken up nicely.

Coconut flour is very thirsty, it soaks up a lot of moisture so this amount, even though it seems to be a small amount, is perfect for the amount of cream and eggs. It won't be as thick or crispy as high carb white flour batter, but it is very good and banting friendly none the less. There is no coconut taste to the batter. It is very light and crisp and has no coconut after taste at all.

Place the zucchini in the oil and fry until golden brown and crispy. The time it takes will depend on the thickness of the zucchini slices. Watch the colour of your batter carefully. Do not over fill the pan, rather do more than one batch. "Turn" the zucchini over carefully when the first side becomes golden to ensure that the other side is also properly fried and crisp.

Remove from the oil and place on a towel napkin to drain the oil for about a minute, then enjoy!