Deep-fried courgette flowers with a tomato coulis



Used bresc products



Bresc Basil puree 450g



Bresc Erbe Italiano 450g



Bresc Garlic chopped 1000g



Bresc Garlic chopped 450g



Bresc Organic garlic puree 325g



Bresc Pomodori marinati 1000g

Ingredients

10

- 10 courgette flowers
- 250 g tempura flour
- 125 g sparkling mineral water
- 1 courgette, sliced
- 1 aubergine, sliced
- 3 red, 3 yellow and 3 green sweet pepper
- 3 red onion, sliced
- 3 dl olive oil
- 25 g Bresc Garlic chopped
- 25 g Bresc Erbe Italiano
- 50 g balsamic vinegar
- 8 g Bresc Basil puree
- 250 g Pomodori marinati and a little extra to garnish
- 250 g Bresc Tomato salsa
- 250 g saffron rouille
- cress

For the rouille

- 5 egg yolks
- 1 pinch saffron
- 1 l sunflower oil
- 1 dl white wine vinegar
- 25 g Bresc Organic garlic puree
- 25 g mustard

Other ingredients

- salt and pepper

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Bresc Tomato salsa 1000g



Bresc Tomato salsa 325g

Preparation method

Preheat the oven to 200°C and preheat the grill or barbecue and the deep-fryer.
Infuse the vinegar with the saffron.
Puree the garlic with the mustard and vinegar and thicken it with the oil to make a rouille. Season with salt and pepper.
Roast the sweet peppers in the oven until they are dark, then place them in a covered basin. Remove the skins.
Flavour the vegetables, except the onion, with a little olive oil and the herbs. Grill on both sides. Grill the onion without any oil (this prevents it from disintegrating) until nice and brown on both sides.
Mix the garlic with the remaining olive oil and vinegar and mix with the vegetables. Season with salt and pepper.
Stir the sparkling mineral water into the tempura flour. Make the coulis with the marinati.
Remove the buds from the courgette flowers and dip them in the batter. Deep-fry them until they are golden-brown, place them on kitchen paper and salt lightly.
Serve the hot vegetables with the salsa and rouille and garnish with the cress.

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