

Fried Yellow Squash

—Marie Jones

Ingredients:

2-3 Medium sized Tender* Yellow Squash 1-2
cups Flour
Salt Pepper to taste

Directions:

Combine Flour Salt and Pepper.

Wash Squash, slice crosswise (disk shaped), about $\frac{1}{8}$ thick or slightly thicker.

Put Slices in flour, cover on both sides with Flour.

Heat up as cast iron skillet; add vegetable, or Olive Oil. When oil comes to temperature, place squash disk in pan. Brown on each side, allow to cook through. Place on plate, Allow to cool, and Serve.

Notes:

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- Squash whether small medium or large as long as they feel sticky to touch are tender. After they become dry and slick they are over ripe and not necessarily good to cook with and not tender. Plus any seed will be excessively large.
- When washing if squash is tender might pickup grit and small rocks within skin. Make sure when washing to dig those out, if necessary use your fingernail or a small paring knife, usually just rubbing affected area will suffice.

Yellow squash Recipe Alternate Recipe

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Ingredients:

2-3 lbs tender Yellow squash (washed do not Dry) Salt
to Taste

Pepper to Taste

½ to 1cup onions (can leave out)

A small can evaporated milk.

Directions:

Place in Pot add small amount of water.

Parboil until tender.

Pour any water out of pot. Allow to Thoroughly Drain and Dry.

Mash squash as if making mashed potatoes except add no seasoning.

Place Iron Skillet large enough to hold squash on stove, and turn on heat. Thinking of how you would cook scrambled eggs, add Oil, (Vegetable or Olive). Let oil to come to temperature just before smoking point.

Add squash, and onions, constantly stirring. Add Milk and stir until milk disappears and Squash just begins to brown. When slightly brown turn out of pan, into bowl and serve.

Notes:

- You can leave out Onions.
- You can substitute Cream, or Half & Half for richer taste.