

Fried Yellow Squash Fritters: Crispy, Tender & Zesty Bites

Fried Yellow Squash Fritters: Crispy on the Outside, Tender Inside, and Utterly Irresistible!



OVEN
375°F

TIME
5 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

5 medium yellow squash
¾ cup self-rising yellow cornmeal
... cup all-purpose flour
1 tablespoon sugar
1 teaspoon salt (divided: ½ tsp for batter, plus more for sprinkling)
... teaspoon freshly ground black pepper
1/8 teaspoon cayenne pepper (adjust for heat preference)
½ medium sweet onion, minced
½ jalapeño, finely minced (remove seeds for less heat)
½ cup buttermilk
1 egg, lightly beaten
Vegetable oil for frying (such as canola, peanut, or corn oil)

Swaps and Notes:

Yellow Squash: Choose firm, fresh yellow squash. Zucchini can also be used.

Self-Rising Cornmeal: This is key for the fritters to puff up nicely. If you only have regular cornmeal, add an extra 1 teaspoon of baking powder to the dry ingredients.

Sweet Onion & Jalapeño: These add essential flavor and a little kick. Mince them very finely so they blend well into the fritter. Adjust jalapeño quantity and whether you include seeds based on your desired heat level.

Buttermilk: Crucial for tender fritters. If you don't have buttermilk, you can make a quick substitute by adding ½ tablespoon of lemon juice or white vinegar to a measuring cup, then filling the rest with regular milk to make ½ cup. Let it sit for 5 minutes before using.

Cayenne Pepper: Adjust the amount of cayenne pepper to control the heat.

Vegetable Oil for Frying: Use a neutral-flavored oil with a high smoke point. You'll need enough to fill your skillet with about 1 inch of oil.

Directions:

Prepare & Mash Squash: First things first, slice your yellow squash in half lengthwise and then cut them into about 2-inch pieces. Steam these vibrant beauties for 12-15 minutes until they're nice and tender. You can use a steamer basket over boiling water or a microwave steamer. Once they're all cooked, grab a fork or a potato masher and mash them into a smooth purée. Set aside to cool slightly.

Combine Dry Ingredients: In a large mixing bowl, whisk together the self-rising yellow cornmeal, all-purpose flour, sugar, ½ teaspoon of salt, freshly ground black pepper, and cayenne pepper.

Combine Wet Ingredients: In a separate medium bowl, gently combine the cooled mashed squash with the minced sweet onion, finely minced jalapeño, buttermilk, and that beautifully beaten egg. Stir until well mixed.

Fold Wet into Dry: Carefully pour the wet squash mixture into your bowl of dry ingredients. Give it a gentle stir with a spoon or spatula until just blended-remember, no overmixing! A few small lumps are totally fine and help maintain a tender fritter.

Heat Oil: Next, heat up about 1 inch of vegetable oil in a cast iron skillet or Dutch oven over medium-high heat until it's sizzling hot, reaching about 350-375°F (175-190°C). Use a thermometer for accuracy.

Fry Fritters: Drop rounded tablespoonfuls of your fritter batter into that glistening hot oil. Do not overcrowd the pan; cook in batches to maintain oil temperature. Fry for about 3 minutes on each side until they turn a luscious golden brown and are crispy.

Drain & Season: Once done, use a slotted spoon or spider to fish them out of the oil and let them drain on some paper towels to remove any excess oil. For the final touch, sprinkle a little extra salt on top while they're still hot and enjoy that irresistible crunch!

Repeat: Repeat the frying process with the remaining batter, ensuring the oil returns to the proper temperature between batches.

Tips for Success:

Mash Squash Smoothly: Thoroughly mashing the squash creates a uniform texture for the fritters.

Don't Overmix Batter: Overmixing will develop the gluten in the flour and make your fritters tough.

Mix only until just combined.

Oil Temperature: Maintaining the correct oil temperature (350-375°F) is crucial for crispy fritters that cook through without getting greasy or burning. Use a thermometer if possible.

Fry in Batches: Overcrowding the pan lowers the oil temperature and leads to soggy fritters.

Season Hot: Sprinkle with extra salt immediately after removing them from the oil so it adheres well.

Serving Suggestions and Pairings:

DIRECTIONS

1. **Making these :** Fried Yellow Squash Fritters involves a few simple steps, leading to perfectly golden, crispy bites!
2. **Prepare & : Mash Squash:** First things first, slice your yellow squash in half lengthwise and then cut them into about 2-inch pieces. Steam these vibrant beauties for 12-15 minutes until they're nice and tender. You can use a steamer basket over boiling water or a microwave steamer. Once they're all cooked, grab a fork or a potato masher and mash them into a smooth purée. Set aside to cool slightly.
3. **Combine : Dry Ingredients:** In a large mixing bowl, whisk together the self-rising yellow cornmeal, all-purpose flour, sugar, $\frac{1}{2}$ teaspoon of salt, freshly ground black pepper, and cayenne pepper.
4. **Combine : Wet Ingredients:** In a separate medium bowl, gently combine the cooled mashed squash with the minced sweet onion, finely minced jalapeño, buttermilk, and that beautifully beaten egg. Stir until well mixed.
5. **Fold : Wet into Dry:** Carefully pour the wet squash mixture into your bowl of dry ingredients. Give it a gentle stir with a spoon or spatula until just blended-remember, no overmixing! A few small lumps are totally fine and help maintain a tender fritter.
6. **Heat : Oil:** Next, heat up about 1 inch of vegetable oil in a cast iron skillet or Dutch oven over medium-high heat until it's sizzling hot, reaching about 350-375°F (175-190°C). Use a thermometer for accuracy.
7. **Fry : Fritters:** Drop rounded tablespoonfuls of your fritter batter into that glistening hot oil. Do not

overcrowd the pan; cook in batches to maintain oil temperature. Fry for about 3 minutes on each side until they turn a luscious golden brown and are crispy.

8. **Drain & Season:** Once done, use a slotted spoon or spider to fish them out of the oil and let them drain on some paper towels to remove any excess oil. For the final touch, sprinkle a little extra salt on top while they're still hot and enjoy that irresistible crunch!
9. **Repeat:** Repeat the frying process with the remaining batter, ensuring the oil returns to the proper temperature between batches.
10. **Tips for Success: Mash Squash Smoothly:** Thoroughly mashing the squash creates a uniform texture for the fritters.
11. **Don't : Overmix Batter:** Overmixing will develop the gluten in the flour and make your fritters tough. Mix only until just combined.
12. **Oil : Temperature:** Maintaining the correct oil temperature (350-375°F) is crucial for crispy fritters that cook through without getting greasy or burning. Use a thermometer if possible.
13. **Fry in : Batches:** Overcrowding the pan lowers the oil temperature and leads to soggy fritters.
14. **Season : Hot:** Sprinkle with extra salt immediately after removing them from the oil so it adheres well.
15. **Serving Suggestions and Pairings:** These Fried Yellow Squash Fritters are a versatile and incredibly delicious treat! They're perfect as a snack on their own, a delightful appetizer with your favorite dipping sauce (ranch, spicy mayo, or a creamy herb dip), or a unique side dish for grilled chicken, fish, or burgers. For other fantastic Southern-inspired or easy savory dishes, consider my [This Tomato Skillet with Okra and Sausage Is My Favorite Quick Dinner Packed with Southern Flavor](#).
16. **Storage and Leftover Tips:** Fried Yellow Squash Fritters are definitely best enjoyed fresh and hot for maximum crispiness. If you have any leftovers, store them in an airtight container in the refrigerator for up to 2 days. To reheat and re-crisp, spread them in a single layer on a baking sheet and warm in a 375°F (190°C) oven or air fryer for 5-10 minutes, or until heated through and crispy again. They won't be quite as crunchy as fresh, but still delicious. Freezing is not recommended for cooked fritters.
17. **More Recipes You Will Love:** If you loved the crunchy texture and savory goodness of these fritters, here are a few more fantastic savory recipes that I think you'll absolutely love:
18. For an effortless way to impress guests with a cheesy appetizer, check out my [This Baked Brie Appetizer Is My Favorite Effortless Way to Impress Guests](#).
19. If you love hot, gooey cheese, my [This Crockpot Nacho Dip Is the Reason I Never Have Leftovers](#) is a must-make.
20. For a fun, customizable, and no-fuss meal perfect for entertaining, my [This Walking Taco Bar Is My Favorite No-Fuss Way to Feed a Crowd](#) is a fantastic choice.

21. And for an incredibly cheesy and easy-to-make casual meal, my Easy Cheesy Chicken Sliders with Marinara Garlic Butter are always a hit!
22. Final Thoughts: These Fried Yellow Squash Fritters are a delicious and unique way to enjoy fresh summer squash. They're easy to make, packed with flavor, and offer a satisfying crunch that makes them utterly irresistible. Give them a fry, and enjoy this delightful twist on a classic veggie!
23. What's your favorite way to transform summer squash into a crispy delight? Share your ideas and feedback in the comments below, and don't forget to follow Chef Maniac for more delightful and inspiring recipes!

SWAPS & NOTES

Yellow Squash: Choose firm, fresh yellow squash.

Self-Rising Cornmeal: This is key for the fritters to puff up nicely.

If you only have regular cornmeal, add an extra 1 teaspoon of baking powder to the dry ingredients.

Sweet Onion & Jalapeño: These add essential flavor and a little kick.

TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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