

Southern Fried Squash: Crispy, Golden & Easy Summer Side Dish

gets coated in a seasoned flour or cornmeal mixture and then fried to a



OVEN
350°F

TIME
5-10 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

2 lbs yellow squash (about 3-4 medium), thinly sliced (...-inch thick)
1 cup all-purpose flour
½ cup yellow cornmeal (optional, for extra crispness)
1 tsp salt
½ tsp black pepper
½ tsp garlic powder
½ tsp paprika (optional, for color and subtle flavor)
1 cup buttermilk (or 1 cup milk + 1 tbsp white vinegar/lemon juice)
Vegetable oil, for frying (about 2-3 inches deep in your pan)

DIRECTIONS

1. Prepare the Squash: Wash the yellow squash and slice them into thin rounds, about ... to ½ inch thick. Aim for consistent thickness for even frying. Place the sliced squash in a colander and sprinkle lightly with salt. Let sit for 10-15 minutes to draw out some excess moisture, then pat thoroughly dry with paper towels. This helps prevent sogginess and promotes crispness.
2. Set Up Dredging Stations: Set up two shallow bowls. In the first bowl, pour the 1 cup buttermilk. In the second bowl, combine the 1 cup all-purpose flour, ½ cup yellow cornmeal (if using), 1 teaspoon salt, ½ teaspoon black pepper, ½ teaspoon garlic powder, and ½ teaspoon paprika (optional). Whisk these dry ingredients together until well combined.
3. Coat the Squash: Working in batches, dip each sliced squash piece into the buttermilk, ensuring it's fully coated. Let any excess buttermilk drip off. Next, dredge the squash piece in the seasoned flour and cornmeal mixture, pressing gently to ensure a good, even coating on all sides. Place the coated squash on a clean plate or baking sheet as you finish.
4. Heat Oil for Frying: In a large, heavy-bottomed skillet or Dutch oven, add vegetable oil to a depth of about 2-3 inches. Heat the oil over medium-high heat until it reaches 350°F (175°C). Use a deep-fry thermometer for accuracy. If you don't have one, test the oil by dropping a tiny pinch of the breading mix into it; it should sizzle vigorously immediately.
5. Fry the Squash: Carefully place the coated squash slices into the hot oil in batches. Do not overcrowd the pan, as this will lower the oil temperature and

result in soggy squash. Fry for 2-4 minutes per side, or until the squash is golden brown and beautifully crispy. The exact time will depend on the thickness of your slices and your oil temperature.

6. Drain & Serve: Using a slotted spoon or tongs, carefully remove the fried squash from the oil. Transfer it to a paper towel-lined plate to drain any excess oil. Season lightly with a final pinch of salt immediately after frying, if desired. Serve hot and enjoy your crispy, delicious Southern Fried Squash!

SWAPS & NOTES

Yellow Squash: Use firm, medium-sized yellow squash.

Zucchini can be substituted, but yellow squash has a slightly sweeter, milder flavor that's traditional for this dish.

Slice them uniformly for even cooking.

Cornmeal (Optional but Recommended): Adding yellow cornmeal to the flour mixture provides an extra layer of crunch and classic Southern flavor.

TIPS FOR SUCCESS

Consistent Slices: Uniformly sliced squash cooks evenly.

Dry Squash: Patting the squash dry after slicing helps the coating stick and ensures crispiness.

Oil Temperature is Key: Maintain 350°F (175°C) for best results.

Too low, and the squash will be greasy; too high, and it will burn before cooking through.

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

Original recipe: <https://chefmaniac.com/southern-fried-squash-crispy-golden-easy-summer-side-dish/>