

Fried Squash

From the Kitchen of [Deep South Dish](http://deepsouthdish.com)

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4 yellow crookneck squash, zucchini or other summer squash
1 cup of buttermilk
1/2 tablespoon hot sauce
1-1/2 to 2 cups of self-rising flour
1/2 teaspoon kosher salt, or to taste
1/4 teaspoon freshly cracked black pepper, or to taste
1/4 teaspoon Cajun seasoning (like Slap Ya Mama), or to taste, *optional*
1/4 teaspoon garlic powder
Additional salt for sprinkling, if desired

Preheat the fryer to 360 degrees. Cut squash into rounds, strips, chunks, or a combination of those. Whisk together the buttermilk and hot sauce and place into the buttermilk for 30 minutes. Use a slotted spoon to scoop out squash, allowing excess to drip off. Mix together the flour, salt, pepper, Cajun seasoning and garlic powder. Dredge each piece of cut squash into the flour and set aside on a plate. Add to fryer {but don't crowd} and cook until golden brown, in batches, about 4 to 5 minutes. Drain on paper towels, sprinkle straight out of the fryer with a bit more salt if desired, and absolutely serve immediately while they are hot, with [Comeback Sauce](#), or your favorite dipping sauce.

To Bake: Preheat oven to 425 degrees F. Place an oven safe rack on a baking sheet; set aside. Prepare an egg wash with 2 eggs and 1 tablespoon of water. Prepare as above, except after dredging squash in the seasoned flour, dredge in the beaten egg and then roll in a cup of panko bread crumbs. Place on rack and bake until nicely browned, about 20 minutes, or until crisp and brown. May also add about 1/4 cup of Parmesan cheese and 1/2 tablespoon of chopped fresh herbs to the panko if desired.

To Air Fry: Just like ovens, individual air fryer brands differ in wattage and how they cook; monitor any air fryer recipe the first time you make it to adjust time as needed. Total time will also depend on type and size of ingredients used. Preheat air fryer to 400 degree F for 3 minutes. Prepare as above (I prefer the chunks). Lightly spray squash and transfer to the air fryer basket or trays, sprayed side down. For a basket style, prepare in batches. For an oven style fryer, swap trays halfway. Spray top side of squash and bake for about 15 minutes, or until golden brown, shaking basket halfway or swapping trays for oven style, and give another spritz of spray. Transfer to paper towels and season with salt. Eat right away!

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