

Country Fried Squash

Oscar · 28/09/2024

**Prep Time**

40 mins

Difficult

Medium

Servings

4

Description

This fried squash recipe was my grandmothers and it actually won a Blue Ribbon at the Tennessee State Fair. Be sure to use fresh squash I use butternut but other squash like yellow squash or zucchini would also be good.

Ingredients

- - ½ cup milk - 1 large egg
- beaten - ½ cup all-purpose flour - ½ cup cornmeal - 1 pinch garlic salt - 1 pinch ground black pepper - 1 pinch salt - 1 cup oil for frying - 6 pounds yellow squash
- sliced

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Whisk milk and egg together in a small bowl.
Combine flour
2. cornmeal
3. garlic salt
4. pepper
5. and salt together in a separate bowl. Dotdash Meredith Food Studios Heat oil in a deep skillet over medium-high heat to 350 to 375 degrees F (180 to 190 degrees C). Dip each squash slice into egg mixture
6. then dredge in flour mixture to coat. Dotdash Meredith Food Studios Fry coated squash slices in hot oil
7. a few at a time
8. until crisp and golden brown on both sides. Drain on paper towel and serve immediately. Dotdash Meredith Food Studios Nutrition Note The nutrition for this recipe accounts for the full amount of oil
9. but the actual amount of oil consumed will vary.