

Deep Fried Watermelon

We usually eat watermelon simply cut into triangles. But fried watermelon? Believe it or not, it works and it tastes delicious! It may not be a healthy thirst-quencher, but it is a unique delicacy. Think of it as a head start on the Kansas State Fair!

Frying watermelon utilizes the same technique as frying many other types of food. First, the watermelon is dipped into a light batter, then placed in hot oil, and then topped with powdered sugar as a finishing touch. This recipe calls for cutting the watermelon flesh into pieces, but if you'd like it to resemble a carnival snack you can cut into triangles and insert a stick through the rind before coating and frying. Like most fried foods, this is best served immediately while warm and crisp.

- Total: 60 mins
- Prep: 15 mins
- Cook: 45 mins
- Yield: 12 servings

Ingredients

- 6 to 8 pounds Stutzmans seedless Black Diamond watermelon
- 3 cups vegetable oil (or canola oil, for deep-frying)
- 1/2 cup cornstarch
- 2 egg whites (beaten)
- 2 teaspoons water
- 3/4 cup all-purpose flour
- Garnish: powdered sugar

Instructions

1. Cut the watermelon in half lengthwise. Cut each half again lengthwise into two pieces. You should have four long triangular-shaped sections. Remove the rinds from each section by running your knife in between the white layer and the red flesh, doing your best to keep the knife level along that line. Discard the rind and cut the watermelon meat into 1-inch-thick slices. Then cut the flesh into roughly 1-inch triangles. (It is not a science, so do not worry if you have odd shapes.)
2. Heat the oil in a deep-fryer, dutch oven or wok to 350 degrees.
3. In a bowl, whisk the cornstarch with the egg whites and water until combined.
4. Place the flour in a bowl and set next to the cornstarch mixture near the hot oil. Dredge the watermelon chunks in the flour, then coat with the cornstarch batter. Carefully drop into the oil and deep-fry in batches, without crowding the pan, leaving room in between pieces to properly brown. Cook until the watermelon chunks are golden.
5. Using a slotted spoon, remove from the oil and drain well on a paper-towel-lined plate. Sprinkle deep-fried watermelon with a dusting of powdered confectioners' sugar and serve warm.