

Fritto Misto



Fried seafood

Although this dish of fish, shrimp and squid deep-fried in olive oil is firmly anchored in the Venetian tradition, friedseafood is traditional in many parts of Italy and is prepared in various ways.

Ingredients (4 servings):

500 g cod fillet
12 pieces sardine fillet
8 giant prawns (shelled)
8 scallops
200 g squid rings
Freshly squeezed lemon juice
1 lemon
Parsley

For the breading:

200 g flour
1 teaspoon salt
500 ml wine or water
2 eggs
1 tablespoon oil
Salt
Pepper

Preparationtime:

max. 45 minutes

Preparation:

Cut the fish fillets into small pieces, sprinkle all the seafood with lemon juice and keep it cool.

Prepare the breading in the meantime. Separate the egg yolks from the egg whites and mix them with the flour, salt, oil and wine. Beat the egg whites until stiff and fold them into the mixture. Season with salt and pepper to taste.

Heat olive oil in a deep fryer. Dip small portions of the seafood in the breading, then fry them for 2-3 minutes in the fryer until golden brown and keep warm until everything is fried. Garnish with lemon and parsley and serve. The traditional side dish in the Veneto region is a piece of polenta.