

CRISPY FRIED WHITEBAIT



Ingredients (serves 2 people):

300 g whitebait

2 tbsp plain wheat flour

Vegetable oil, for deep-frying

1 tsp sea salt flakes, plus extra for sprinkling

Lemon wedges, for serving

Preparation:

1. Wash the whitebait under cold water and dry very well with paper towel.
2. Heat a saucepan filled halfway with vegetable oil over medium heat.
3. Put the flour into a plastic bag with the salt, hold it closed and shake to mix.
4. Put a handful of whitebait into the bag, close and shake to coat with the wheat flour.

5. Remove the whitebait and shake off any excess wheat flour.
6. Repeat this process until all the whitebait are coated in wheat flour.
7. Put on a plate but don't pile them on top of each other, or they will stick together.
8. When the oil is just forming small bubbles on the base of the pan, add a single whitebait and, when it floats and cooks to golden-brown in 1 minute or less, the oil is ready to use.
9. Cook the whitebait in small batches, then drain on paper towels and serve immediately sprinkled with the extra salt, with a lemon wedge on the side.