



FRIED FISH FOR SHARING



INGREDIENTS

- 600G FRESH FISH. THIS CAN BE JUST ONE TYPE OR A MIXTURE. RECOMMENDED FISH INCLUDE: COD, HAKE, DOGFISH, SQUID, PRAWNS.
- 1 L MILD OLIVE OIL (0.4) OR SUNFLOWER OIL FOR FRYING
- 2 LEMONS CUT INTO WEDGES
- 200G FLOUR (50% WHEAT AND 50% CHICKPEA)
- 1 TBSP. CORN FLOUR

PREPARATION



Mix the flours and place them in a bowl or on a large plate. Clean the fish well. Cut it into cubes.

Heat the oil to a high heat, and just before cooking, coat the fish in flour and fry it in small quantities to ensure that it fries correctly at the right temperature.



Set aside on absorbent kitchen paper and sprinkle with salt. Place the fried fish on a tray, small basket or plate. Serve with wedges of lemon.

Enjoy!