Atherina

Make sure you drain out the excess oil Bite sized fish- golden fried



Small Pan | Contains Fish - Gluten

INGREDIENTS

- 200g Frozen Atherina
- 7.5g Flour
- 35ml Rapeseed Oil

METHOD

1. Rinse the atherina in cold water.
2. Dust the atherina with flour, making sure they are well covered. Shake off any excess.
3. Deep fry in hot oil (180°C) for approx 1.5 minutes.
4. Drain off excess oil.
5. Place in a starter pan and garnish with a lemon wedge.

GARNISH

- Lemon wedge
- Sprinkled spring onion

EQUIPMENT

Deep Fryer

NOTES

- Make sure you drain out the excess oil
- Bite sized fish- golden fried