

## Aquadelle Fritte

- 1** Put the little fish in a sieve and wash under running cold water. Let drip off and pat them dry on a paper towel.
- 2** Mix together flour, cayenne pepper, freshly ground black pepper, nutmeg and salt or experiment with other spices. All amounts are by guess and gosh.
- 3** Heat up enough sunflower oil in a pot (to fully cover the fish later) until small bubbles form on a wooden stick.
- 4** Take a small handful of the aquadelle at a time, toss them in the flour mixture until they are evenly covered and fry until golden brown (about 3-4 minutes). Remove them from the pot with a skimmer and place on a fresh paper towel to drain off any excessive fat.
- 5** Serve hot with quarters of fresh lime or lemon.



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*Recipe source: inspired by "Die Fischkochschule", Rick Stein, p.56*

Prep time & frying: 20min.

#### Ingredients:

- \* aquadelle
- \* flour
- \* cayenne pepper
- \* freshly ground black pepper
- \* salt
- \* nutmeg
- \* sunflower oil
- \* lime or lemon quarters