

## EUROPE

### **Fritto Misto di Mare**

Fritto Misto di Mare is a classic seafood dish that celebrates the freshness and variety of the sea. It consists of a medley of lightly battered and fried seafood such as shrimp, squid, and small fish, often accompanied by vegetables like zucchini or artichokes. The dish is crispy on the outside, tender on the inside, and served with a squeeze of fresh lemon to enhance its delicate flavors. Fritto Misto di Mare is a delightful appetizer or main course that brings the essence of coastal Italian cuisine to the table, perfect for seafood lovers seeking a light yet flavorful experience.



### **Ingredients**

#### **For the seafood:**

- 1 pound mixed seafood (such as shrimp, calamari rings, small fish fillets, and scallops), cleaned and pat dried
- Salt and pepper to taste
- All-purpose flour for dredging
- Vegetable oil for frying

#### **For the batter:**

- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1 egg
- 1 cup ice-cold sparkling water
- Salt and pepper to taste

**For the lemon aioli:**

- 1/2 cup mayonnaise
- 1-2 cloves garlic, minced
- Zest of 1 lemon
- Juice of 1/2 lemon
- Salt and pepper to taste

**For serving:**

- Lemon wedges
- Fresh parsley, chopped

**How to prepare**

- Prepare the lemon aioli by combining mayonnaise, minced garlic, lemon zest, lemon juice, salt, and pepper in a bowl. Mix well and refrigerate until ready to serve.
- Heat vegetable oil in a deep fryer or large pot to 350°F (180°C).
- In a bowl, whisk together the flour, baking powder, egg, ice-cold sparkling water, salt, and pepper to make the batter. It should have a pancake-like consistency.
- Season the mixed seafood with salt and pepper. Dredge the seafood in flour, shaking off any excess.
- Dip the floured seafood into the batter, coating it evenly.
- Carefully place the battered seafood into the hot oil, frying in batches to avoid overcrowding the pan. Fry until golden brown and crispy, about 2-3 minutes per side. Drain on paper towels to remove excess oil.
- Once all the seafood is fried, arrange it on a serving platter. Garnish with lemon wedges and chopped parsley.
- Serve the mixed fried seafood platter hot, accompanied by the lemon aioli for dipping.