

Fritto Misto

Crispy Italian Fritto Misto with mixed seafood and vegetables. Light batter, golden perfection, and authentic Mediterranean flavors in every bite.

20 min

PREP

20 min

COOK

40 min

TOTAL

1

SERVINGS

Easy

DIFFICULTY

Ingredients

- 200 g squid
- 150 g shrimp
- 100 g fish
- 1 zucchini
- 1 bell pepper
- 1 cup flour
- 1 tsp salt
- 1 tsp black pepper

Instructions

1 Prepare ingredients

Pat 200g mixed seafood and 150g vegetables completely dry with paper towels. Cut any large pieces into uniform bite-sized portions about 2-3cm thick.

- ### 2
- Fill a heavy-bottomed pot or deep fryer with oil to a depth of at least 8cm. Heat oil to 175°C (350°F) using a thermometer to monitor temperature.

3 Make batter

Whisk together 100g plain flour and 1 tsp salt in a large mixing bowl. Create a well in the center of the flour mixture.

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- Gradually pour 1 cup cold sparkling water into the flour well while whisking constantly until you have a smooth, lump-free batter with the consistency of thick cream.

- 5 Let batter rest for 10 minutes at room temperature to allow the flour to hydrate properly.
- 6 **Fry the fritto misto**
Working in small batches of 4-5 pieces, dip each piece of seafood and vegetables into the batter, allowing excess to drip off for 2-3 seconds.
- 7 Carefully lower battered pieces into the hot oil using a slotted spoon. Fry for 2-3 minutes, turning once halfway through, until golden brown and crispy.
- 8 Remove fried pieces with a slotted spoon and transfer immediately to a paper towel-lined plate. Season with 1 tsp salt while still hot.
- 9 Serve immediately on warmed plates while the coating is still crispy, accompanied by lemon wedges for squeezing over the top.

Tips

Temperature Control: Use a kitchen thermometer to maintain oil temperature at 175°C (350°F) throughout frying. Temperature fluctuations result in greasy or undercooked batter.

Batter Consistency: The perfect batter should coat the back of a spoon but still drip off easily. If too thick, add sparkling water; if too thin, whisk in a bit more flour.

Prep Strategy: Pat all seafood and vegetables completely dry with paper towels before battering. Excess moisture prevents proper batter adhesion and causes dangerous oil splattering.

Batch Cooking: Fry in small batches to avoid overcrowding, which drops oil temperature and creates soggy results. Each piece needs space for proper heat circulation.

Immediate Service: Serve within 2-3 minutes of frying for optimal crispiness. Keep finished pieces warm in a 100°C (200°F) oven while completing remaining batches.

Oil Management: Use enough oil for proper deep frying - ingredients should float freely. Strain and store used oil for one additional use if it hasn't darkened or developed off odors.