

Fritto Misto

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

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| 20 | 20 | 40 | 1 | Easy |
| PREP MIN | COOK MIN | TOTAL MIN | SERVINGS | DIFFICULTY |

Fritto Misto

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.
- 4** 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.