



Deep fried Vegetables

Fritto di Verdure

Ingredients:

- 80g/2¾ of self-rising flour
- salt
- 1 tbsp fish sauce
- pinch white pepper
- dash white wine
- 6froz/170ml water
- fresh clean oil for deep-frying
- 1 small carrot
- ¼ aubergine
- ¼ green pepper
- ¼ red pepper
- ¼ orange pepper
- ¼ sweet potato
- 4 florets broccoli
- 4 florets cauliflower
- ½ onion sliced
- 1 spring onion
- 1 red chilli, chopped fine
- 1 clove garlic, chopped fine
- 100ml/3½ of plum sauce
- 1 lime, juice only
- dash sesame oil

Preparation:

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1. Mix flour, salt, fish sauce, white pepper, white wine, and water to make a nice smooth batter.
2. Cut all the vegetables into thin strips.
3. Wash all vegetables and dry to avoid splattering.
4. Mix well with the batter.
5. Put the oil in a wok or frying pan and allow it to be hot.
6. Deep-fry the mixed vegetables for between 3-4 minutes or until golden brown.
7. Remove onto a platter.
8. To make sauce, mix all ingredients in third group except cashew nuts.
9. Pour sauce on top of vegetables and serve.

Keep Cooking and Enjoying Traditional Roman Food.

Buon Appetito!