



Recipe from: [My Catholic Tradition](#)

Crisp Fried Whitebait

SERVES FOUR

Ingredients

Oil, for deep-frying

2/3 cup milk

1 cup all-purpose flour

1 lb whitebait, thawed if frozen

Put the milk in a shallow bowl.

Spoon the flour into a paper bag.

Season the flour well with salt and pepper.

Dip a handful of the whitebait into the bowl of milk, drain them well.

Drop them into the paper bag with the flour.

Shake gently to coat them evenly in the seasoned flour.

Transfer to a plate.

Repeat until all the fish have been coated. This is the easiest method of flouring whitebait before frying, but don't add too many at once to the bag, or they will stick together.

Heat the oil for deep-frying to 375°F or until a cube of stale bread, dropped into the oil, browns in about 20 seconds.

Add whitebait slowly one at a time and deep-fry for 2—3 minutes, until crisp and golden brown.

Drain and keep hot while you cook the rest.

Serve very hot.