



# Greek fried smelt with tartar sauce

5'

Hands on

10'

Cook Time

4

Portion(s)

1

Difficulty



## Method

- Add all of the ingredients for the coating in a resealable bag (fit for food). Shake to combine.
- Add the fish in batches. Seal bag and shake to coat.
- Remove fish from bag and put in a strainer. Tap the fish to remove the extra coating. In this, the oil is kept cleaner as the fish are frying.
- Fill a deep 26 cm [pan](#) with oil until it reaches 2-3 inches in depth. Place over high heat, until the temperature of the oil reaches 180\* C (350\* F).
- When the oil is hot enough, add the fish in batches so that the temperature of the oil doesn't drop. Fry the smelt for a very short amount of time. 1-2 minutes, depending on what size they are.
- Taste and adjust seasoning if necessary.
- Serve crunchy fried smelt with [creamy tartar sauce](#).

## Tip

While frying you need to watch the temperature of the oil and the fish very closely, because they are usually very small and can burn very quickly!

## Ingredients

For fish

- 1 kilo smelt
- sunflower oil, for frying
- [creamy tartar sauce. to serve](#)

For coating

- 150 g all-purpose flour
- 100 g semolina
- 2 teaspoons salt
- ½ teaspoon pepper
- 1 teaspoon cumin powder
- 1 teaspoon garlic powder
- 1 teaspoon sweet paprika

## Διατροφικός πίνακας

Nutrition information per portion

517 Calories (kcal)	14.0 Total Fat (g)	2.2 Saturated Fat (g)	46.0 Total Carbs (g)
26%	20%	11%	18%
0.0 Sugars (g)	51.0 Protein (g)	2.5 Fibre (g)	2.8 Sodium (g)
0%	102 %	10%	47%