



Greek fried smelt

10'
Hands on

5'
Cook Time

4
Portion(s)

1
Difficulty



Ingredients

- 1 kilo smelt
- 100 g semolina, fine
- 150 all-purpose flour
- salt
- 1 teaspoon(s) cumin
- 1 teaspoon(s) paprika
- 1 teaspoon(s) garlic, powder
- 300 ml sunflower oil, for the frying

To serve

- 3 tablespoon(s) [homemade mayonnaise](#)
- 1 teaspoon(s) chili flakes
- lemon juice, of 1/2 lemon
- salt
- pepper
- lime(s)

Method

- Rinse the smelt very well.
- Place a [frying pan](#) with the sunflower oil over high heat.
- In a bowl add the semolina, the flour, salt, the cumin, the paprika, the garlic, and mix.
- Add the smelt into the bowl, in batches, and mix. Pass through a sieve to remove the whole breading and take only the smelt.
- Add the smelt into the hot oil, in batches, and fry for 1-2 minutes. Remove and place on paper towels.

To serve

- In a bowl add the mayonnaise, the chili flakes, the lemon juice, salt, pepper, and mix.
- Serve the smelt with the mayonnaise sauce and lime slices.

Διατροφικός πίνακας

Nutrition information per portion

518 Calories (kcal)	14.0 Total Fat (g)	2.2 Saturated Fat (g)	46.0 Total Carbs (g)
26%	20%	11%	18%
0.5 Sugars (g)	51.0 Protein (g)	2.5 Fibre (g)	0.94 Sodium (g)
1%	102%	10%	16%