



serves 4 | prep 25 minutes, plus 30 minutes' resting | cook 20 minutes

DEEP-FRIED SEAFOOD

corn oil, for deep-frying
7 oz/200 g white fish fillets, such as
English sole, skinned and cut
into strips
7 oz/200 g angler fish fillets, cut into
bite-size chunks
4 live scallops, shucked and cleaned
8 oz/225 g large cooked shrimp,
shelled and deveined but
with tails left intact

BATTER

generous $\frac{3}{4}$ cup all-purpose flour
pinch of salt
1 egg yolk
1 tbsp olive oil
1 cup milk
2 egg whites

TO GARNISH

fresh flat-leaf parsley sprigs
lemon wedges

First, make the batter. Sift the flour with the salt into a bowl and make a well in the center. Add the egg yolk and olive oil to the well and mix together with a wooden spoon, gradually incorporating the flour. Gradually beat in the milk to make a smooth batter. Cover and let rest for 30 minutes.

Heat the corn oil in a deep-fat fryer, large, heavy-bottom pan, or wok to 350–375°F/ 180–190°C, or until a cube of bread browns in 30 seconds.

Meanwhile, whisk the egg whites in a separate clean, greasefree bowl until they form stiff peaks. Gently fold into the batter.

Using tongs, dip the seafood, a piece at a time, into the batter to coat. Deep-fry in small batches for 3–4 minutes until crisp and golden (if you deep-fry too many pieces at a time, the oil temperature will drop and the batter will be soggy). Remove with a slotted spoon and drain on paper towels. Transfer to a warmed serving plate and keep warm in a low oven while you cook the remaining pieces.

Garnish with parsley sprigs and lemon wedges and serve.