

BREADED AND FRIED SHRIMPS, WITH FENNEL SALAD AND CANDIED ONIONS

- Ingredients for 4 servings

12 big shrimps

1 lt cold extracted sunflower oil

4 eggs

500 g onions of Acquaviva delle Fonti

200 g flour

2 fennels

300 g light breadcrumbs

- Ingredients for the onions

2 lt water

Salt to taste

1 lt vinegar

300 g caster sugar

- Preparation

Clean the shrimps and cut them as fillets. Coat the shrimps in flour, eggs and breadcrumbs. Fry them in sunflower oil at 160°. Clean the fennels, cut them finely and make a salad. Dress it with EVO, salt and pepper.

Clean the onions and slice them. Boil the mixture prepared as per recipe and cook the onions for 8 minutes.

