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★ ★ ★ ★ ★
Keine Stimmen

Nettles deep fry



Here you will find a simple recipe how to fry nettles on the fire.

You need for this:

- A fire
- a cooking pot
- freshly picked nettles
- Disposable gloves
- barbecue tongs
- Household paper
- a skimmer or a wide cooking ladle
- Heat-resistant oil
- Flour
- Water
- Salt
- A cup or a small bowl
- A spoon

Instruction

- Wash nettles well with the rubber gloves under running water and drain
- In cup, combine flour, salt and water to make a thick batter. The batter should be thick enough to stick to the nettles, but liquid enough that only a thin layer will stick
- In a saucepan, heat oil on embers. Make sure there are no more high flames or the oil may start to burn
- Using the grill tongs, dip a nettle into the batter, let it drain briefly, and then place it in the hot oil
- After a few seconds, turn and finish frying on the other side
- When the nettles are golden brown, remove them from the oil with a skimmer or a wide cooking ladle and place them on a piece of household paper
- Allow to cool briefly and then enjoy them fresh

Important: remove the pan from the heat every now and then so that the oil does not get too hot

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