

Frittino Parranza

Menu Description: chickpea fritters, squid, prawns, eggplant, green beans, lemon garlic carrots

Serving Size: 1 Servings

Categories: Sabatini's

Cost Per Serving	
\$	2.35



Action	Date	Initials
Created:	3.7.17	AJ
Revised:	3.9.17	AJ
	3/16/17	EA

Amount	Measure	Ingredient	Preparation Method	Product No.
0.020	Kg	Squid		20-100000707
0.075	Kg	Shrimp (3 Ea)		20-100000730
0.060	Lt	Milk for soaking		20-100000577
0.010	kg	Parsley		20-100000839
0.010	Kg	Eggplant	Cut in strips	20-100000815
0.010	Kg	Carrot	Medium Julienne	20-100000811
0.005	Kg	Green Beans		20-100000919
0.025	lt	Citrus Aioli	See Sub Recipe	
Chickpea Fritters:				
0.200	kg	Chickpea Flour		20-100026519
0.100	Lt	Water		
	lt	Olive oil		20-100018656
		Salt		
Batter:				
0.050	Lt	Milk		20-100000577
0.010	Kg	Flour		20-100000471
0.010	Kg	Semolina		20-100026516
0.001	Kg	Rosemary	Chopped fine	20-100000879
0.001	Kg	Thyme	Chopped fine	20-100000886
Citrus Aioli: (yield ?)				
0.200	kg	Garlic cloves		20-100000869
1.000	lt	Milk		20-100000577
1.500	kg	Mayonnaise		20-100001437
0.225	lt	Lemon juice		20-100001384
0.100	kg	Chervil		20-100000888
0.500	lt	Olive oil		20-100018656
3.525				

Method of Preparation:

Chickpea fritters:

- 1- In a pot, bring water to boil with salt.
- 2- In a bowl, combine chickpea flour with 100ml of water to make a slurry.

While stirring boiling water, add chickpea slurry and olive oil. Whisk quickly and lower heat. Simmer and cook 3- for 20min.

Grease the tray with olive oil and put the hot mixture over it and spread with pallet knife 1 cm thickness and 4- cool it down .

5- Once cool, cut the polenta into 2 inch long sticks.

Batter:

1- Mix flour, semolina, and herbs. Whisk in milk.

Frittino:

1- Heat oil in a deep fryer to 365 (F).

2- Rinse squid and shrimp, pat dry, soak in cold milk.

3- Remove from milk and dip into batter, then drop one at the time into hot oil. Fry fish turning once, until both side are light golden.

4- Separately soak vegetables in cold milk and dip in flour and fry until crispy.

5- Coat chickpea polenta strips in batter and deep fry.

6- Drain on paper towels, serve hot after seasoning with salt and pepper and fresh chopped parsley.

Citris Aioli:

1- Bring the milk to a boil and blanch the garlic cloves. Drain and cool.

2- Process/blend the garlic with the mayonnaise, olive oil and chervil. Add lemon juice to taste. Season.