

**OVERALL time: 35 mins**

## Fritto Misto with Cheat's Garlic Aioli

Thanks to our NEW Garlic Liquid Seasoning, this Fritto Misto with Cheat's Aioli delivers real garlic flavour - without the peeling, chopping or prep. Just squeeze, mix and serve for an effortlessly elevated dip.

Metric

**Number of servings : 4**

### ingredients

#### For the batter

- 150 g plain flour
- 150 g corn starch
- 2 tsp **Cape Herb and Spice Atlantic Sea Salt**
- 1 tsp **Cape Herb and Spice Extra Bold Black Pepper**
- 350 ml very cold soda water

#### For the seafood & veg

- 250 g prawn tails, cleaned
- 250 g mixed squid heads & tubes, drained & well dried
- 1 large lemon, thinly sliced
- handful of sage leaves

#### For the aioli

- 125 ml good quality, store bought mayonnaise
- 2 Tbsp **Cape Herb and Spice Liquid Garlic**

#### To fry

- neutral oil

#### To serve

- Fresh lemon wedges

# THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 20 mins | COOKING TIME: 15 mins**

For the aioli:

In a small bowl, combine the mayonnaise and **Cape Herb & Spice Liquid Seasonings Garlic**. Stir to mix well, taste to adjust the strength of the garlic and keep in the fridge until serving.

For the fritto misto:

Preheat frying oil in a medium sized pot to 180°C.

Make sure your oil, seafood and veg are all prepped and ready.

Prepare two large baking trays lined with paper towel for draining.

For the batter:

Whisk the flour, cornstarch and **Cape Herb & Spice Salt and Pepper** together.

Pour in the soda water and whisk until smooth.

Add enough until the batter thickly coats the back of a spoon but easily drips off.

Start with 300ml - 350ml and add more over time as the batter rests and thickens.

Coat each piece of seafood and veg into the batter very lightly, letting the excess drip off.

Using tongs, lower each one slowly into the hot oil, making sure you don't overcrowd the pan.

You will need to fry everything in batches to cook them evenly until they're a beautiful light golden colour.

*NB: Make sure squid has been very well drained and dried and stand back carefully when frying as the hot oil splatters and spits. The same with the lemon.*

Once golden, using a slotted spoon, transfer to a paper towel lined trays and sprinkle with a little more salt and pepper.

To serve:

Serve straight away with lemon wedges and the garlic aioli on the side for lots of dipping.

*This is a fabulous starter to serve in the kitchen as you are cooking so that as each batch is ready your guests eat immediately and mingle while you cook.*

<https://capeherb.co.za>

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