



# Pan-Fried Anchovies

Prep Time      15 minutes  
Cooking Time   10 minutes  
Serves            4

## Ingredients

- 32 whole anchovies
- 1 C toasted, unseasoned dry breadcrumbs
- Coarse salt & freshly ground pepper
- Extra Virgin Olive oil for frying
- Lemon wedges for serving

## Method

- Rinse the Anchovies and shake lightly to dry slightly
- Place the breadcrumbs in a shallow dish, season and mix
- In a large cast iron or heavy fry pan, heat  $\frac{1}{2}$  cm of oil over a high heat until the oil is shimmering
- Working in batches so not to over crowd, dredge the Anchovies in breadcrumbs and lay flat in the pan
- Reduce the heat to medium and fry until golden, around 2-3 minutes
- Turn carefully and continue to cook until tender when pressed in the middle and flesh is opaque, around 2-3 minutes
- Once cooked remove from oil using a slotted spatula and place on baking paper.
- Season with flaky salt.
- Before cooking more, remove any remaining breadcrumbs from the oil and return to a high heat.
- Serve with lemon wedges, can be part of a salad.