

NETTLE FRITTERS



TIMES

Preparation: 20 minutes - Cooking: 15 minutes

INGREDIENTS (for 4 people)

200 gr of boiled nettle
170 gr of potato starch
100 gr of grated Parmesan cheese
2 eggs
16 gr of yeast for savory pies
to taste breadcrumbs
salt to taste
to taste pepper to taste
1 liter of peanut oil for frying

PREPARATION

Take the nettle leaves and pass them in cold water for 1 hour. Boil them in hot water for 2 minutes, drain and chop.

Beat the eggs with the already grated Parmesan, add the potato starch and yeast. Only when everything is well blended, add the nettles. Salt and pepper to taste. Leave the dough to rest in the refrigerator for 1 hour covered with cling film to prevent it from oxidizing.

With your hands create balls of about 4 cm in diameter. Dip them in breadcrumbs and fry them in plenty of hot peanut oil (170 °). The balls should be golden brown.

Drain and place them on absorbent paper to remove excess oil, then serve them hot, accompanying them with light sauces (such as yoghurt based).