



SEAN MINOR.

Fritto Misto



Prep: 1 hour

Pair With: Sean Minor Rosé of Pinot Noir

Ingredients:

- 1 Delicata squash, deseeded
 - ½ yellow onion
 - 1 cup sliced orange bell pepper
 - 1 cup cremini mushrooms
 - 1 Meyer lemon (sliced thinly and deseeded)
 - ¼ lb. green beans
 - ½ cup pitted green olives
 - 1¼ cup AP flour
 - ½ tsp salt
 - 1¼ cup ice cold club soda
 - 1 lemon for squeezing over Fritto Misto
 - Canola oil for frying
- *You can use any vegetable, just be sure not too watery or will compromise the heat in frying.

Directions:

On medium heat, fill a heavy bottom pot with canola oil (at least 4 inches high) and heat until the temperature reaches 350 degrees. In a medium bowl whisk flour and salt until combined. Add the club soda ½ cup at a time until you reach a consistency like pancake batter.

Cut squash, onions and bell pepper into large chunks at least 1 inch thick. When the oil rises to 350, dip your desired vegetables into the batter, coating them completely, and carefully drop in the oil.

Fry vegetables until they are golden brown. Remove vegetables from the oil with a slotted spoon and place on a paper towel-lined tray to drain. Make sure to salt the fried vegetables immediately.

Fry the lemon slices last as they are a watery item. Serve with Calabrian chili aioli and a squeeze of lemon. *You can add calamari, shrimp to this dish too! If you do, fry those up last to keep vegetables from tasting like fish. Enjoy!

Calabrian Chili Aioli:

- 1 egg (if you are wary of using a raw egg, substitute with ½ cup mayonnaise and reduce canola oil to ¼ cup)
- ½ tsp Dijon mustard
- 2 tsp crushed Calabrian chilis (you can use red pepper chili flakes as well)
- Juice of ½ lemon (or any other acid like apple cider, white or red wine vinegar)
- ½ to ¾ teaspoon salt
- 1 cup canola oil (reduce to ¼ cup if using mayonnaise)

In a food processor, combine all ingredients, excluding the canola oil, lemon juice, and vinegar. Once all ingredients have pureed, and while the machine is still running, slowly drizzle half of the canola oil. While pulsing the machine, slowly add the lemon juice, vinegar, and the rest of the oil, until you have reached the desired consistency.

always invited.

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