

Sonsos Fritos



Sonso is the Catalan name for two varieties of the sand eel species, namely the Mediterranean sand eel, and the smooth sand eel, both of which inhabit the sandy, coastal Catalan region.

The sand eel is a short-lived species that is characterized by a long, slender, and silvery body with whitish belly and flanks. The artisanal fishing of sonsos using *sonseras* (traditional boat seines) is strictly regulated, and it traditionally takes place in some limited ports.



<Ingredients (4 serve)>

250g Fresh Sonsos

500ml Water

15g Sea salt

Sunflower oil

<Batter>

Plain flour

1 Tbsp Baking soda

<Method>

1. Clean the fish

Dissolve the salt into water and plunge the fish and gently clean it. Sieve and remove excess water using a kitchen towel or paper.

2. Prepare for deep-frying

Mix the plain flour and baking soda well and dust over the fish. Sieve and remove excess powder.

Heat the oil until 170C.

To check the oil is hot enough, drop a couple of crumbs into the oil, if they sink half way and flow up immediately and bubble quietly on the surface of oil, it is ready to fry.

3. Deep-fry

Deep-fry the fish in small amount each until crispy.

Immediately serve with salt and pepper alongside if you need.