

Frittura di pesce al forno

Ingredients:

- * 10 shrimp
- * 10 squid tentacles
- * 10 squid body
- * 100g frogfish
- * 6 sardines
- * 100g flour 00
- * 4 eggs
- * 60g breadcrumbs
- * 1 lemon

Steps:

1. Clean the shrimp by removing the shell.
2. Clean the squid tentacles and body, and slice them into strips and in half.
3. Clean the frogfish and cut in half.
4. Open the sardines and remove any bones.
5. Beat the eggs in a bowl.
6. Place the flour and breadcrumbs in separate bowls.
7. Dip the seafood in the flour, then in the eggs, and finally in the breadcrumbs.
8. Place the seafood on a baking sheet lined with parchment paper.
9. Place the baking sheet in the oven preheated to 225°C (435°F) for 480 minutes.
10. Serve the seafood hot with a squeeze of lemon juice and a sprinkle of sea salt.