

Fried Sage Leaves



Ingredients:

24 large fresh sage leaves
6 anchovies
2 egg whites
Tempura flour
Sparkling water
Oil for frying
Salt and pepper

Preparation:

This is a very old Tuscan recipe. First dip half of the sage leaves (that is 12) in egg whites, making sure they are well coated (the egg whites serve as a glue). Then place half an anchovy fillet in the middle of each dipped leaf and put a second leaf (not dipped) on top of the anchovy. With fingers, press well all around the edges so that each pair of leaves sticks together. Make a batter using the tempura flour and sparkling water, adding some salt and pepper to taste. The consistency of the batter should be adequate to coat the leaves for frying. Then deep fry for a few minutes until they start turning slightly golden. Serve 3 leaves per plate.

Makes 4 servings

