

# Fried Anchovies (Neapolitan-Style “Alici Indorate e Fritte”)

## Cooking Times & Servings

- **Prep time:** 10 minutes
  - **Cook time:** 6 minutes
  - **Servings:** 4
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## Ingredients

- **1.1 lb** fresh anchovies, already cleaned (or cleaned at home)
  - **2** large eggs
  - **¾ cup** semolina flour (fine semolina) (*or all-purpose flour or breadcrumbs*)
  - **Salt**, to taste
  - **Black pepper**, to taste
  - **Peanut oil**, for frying (enough for about 1–1½ inches in the pan)
  - **Lemon wedges**, for serving (*optional*)
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## Step-by-Step Instructions

- 1. Prep the anchovies (if not cleaned):**  
Remove the head and innards, then open each anchovy “butterfly-style” (like a book). Pull out the central backbone. Rinse quickly under cool running water.
  - 2. Dry well:**  
Pat the anchovies very dry with paper towels. (This is key for crispiness and less splatter.)
  - 3. Beat the eggs:**  
In a bowl, beat the eggs with a pinch of **salt** and **black pepper**.
  - 4. Coat the fish:**  
Dip each anchovy in the egg, let excess drip off, then coat evenly in **semolina**. Shake off the extra.
  - 5. Fry:**  
Heat peanut oil in a skillet until hot (about **350°F**). Fry a few anchovies at a time, **1–2 minutes per side**, until golden.
  - 6. Drain & season:**  
Transfer to a paper towel-lined plate. Season immediately with a little salt and pepper.
  - 7. Serve:**  
Serve hot on a platter (or in a paper cone *cuoppo*-style). Add lemon wedges if you like.
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## Air Fryer Option

1. Arrange anchovies in a single layer (don't overlap).
  2. Lightly spray with oil.
  3. Air fry at **375°F** for **8 minutes**, flipping halfway if needed.
  4. Season and serve hot.
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## Tips & Tricks (for perfect crisp anchovies)

- **Dry = crispy.** Moisture is the enemy of crunch.
- **Semolina gives the best crunch**, but flour works for a lighter coating; breadcrumbs give a thicker crust.
- **Fry in small batches** so the oil stays hot and the fish doesn't get oily.
- **Salt right after frying** so it sticks and tastes brighter.