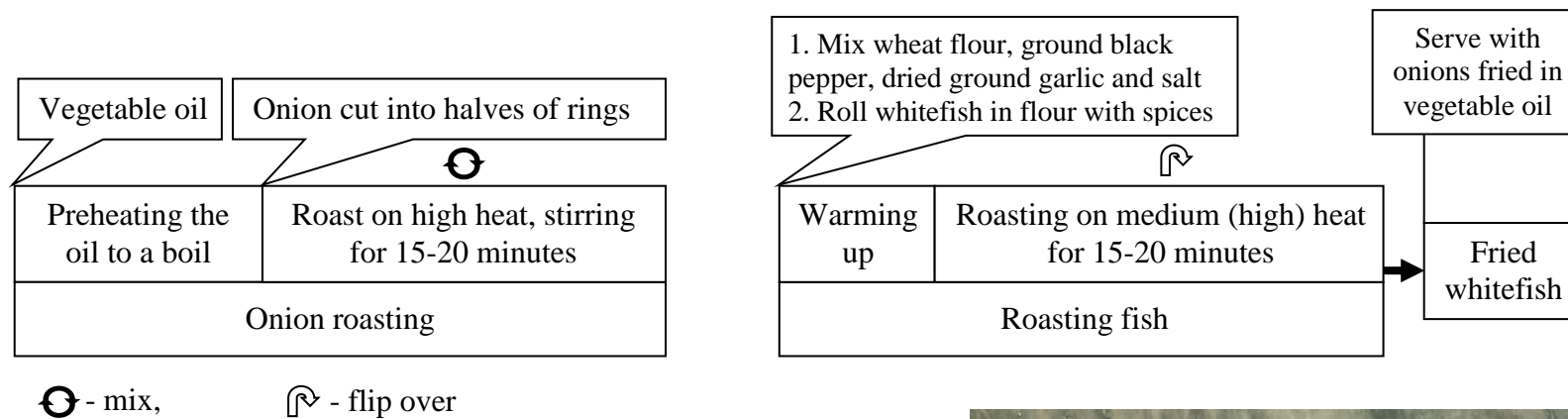


Fried whitefish "Kolsky" (khurs.ru – 2019)



1. Whitefish – 2-2.3 kg
2. Wheat flour – 8-10 tablespoons
3. Ground black pepper – 0.5 teaspoons
4. Salt – 1 tablespoon
5. Onion – 4-5 pcs.
6. Vegetable oil – 170-180 g



Fried whitefish "Kolsky"



1. Clean and gut whitefish



2. Take wheat flour, black pepper and ground garlic, salt



3. Mix spices and flour



4. Take vegetable oil



5. Peel and cut the onion into halves of rings



6. Fry the onion in vegetable oil over high heat



7. Pour vegetable oil into a frying pan



8. Carefully roll the whitefish in flour with spices



9. Put whitefish in boiling oil and fry on medium (high) heat



10. Turn the whitefish over and fry on medium (high) heat



11. Spread the fried rice on a plate



12. Sprinkle the whitefish liberally with fried onions