

Tradition moves with the times

carp in almonds



Quantity: 6-8



Time of preparation: 45 mins



Fit and healthy

3 medium-sized skinless carp fillets

1 l of milk

2 eggs

3 garlic cloves

200 g of flaked almonds

Cabola or almond oil for frying
(coconut fat alternatively)

Salt, pepper

Put the carp fillets in a large bowl, add slices of garlic. Pour in the milk, cover and put overnight in the fridge.

Completely drain the fillets from the marinade. Dry them with a paper towel. Cut across the fillet and divide into thick strips.

Beat the eggs and add 1 tablespoon of cold water. Put the almonds into a bowl. Sprinkle the fish fillets with salt and pepper. Then soak them in the egg mixture and coat them generously in almonds.

Fry both sides in oil until they become brown. If the fish and the almonds start to burn, bake the fillets in the oven at 160°C for about 10 minutes.

