

VEGETABLE CRISPS



Lake Crystal Salt

1 large Parsnip
1 large Beetroot
1 large Carrot

1 large Courgette
1 large Potato
1 large Sweet Potato
Oil for frying Oil for frying

METHOD

- Thinly slice vegetables with a Mandolin or potato peeler.
 - Dry on kitchen paper to remove any excess starch.
 - Deep fry in hot oil in small batches, until crisp. Drain on kitchen paper & cool slightly.
 - Sprinkle with a generous grinding of *Lake Crystal salt*.
- Serve as a nibble with cocktails & aperitif.

Lake Crystal natural lake salt - an organically certified fine food salt developed for the food enthusiast, discerning cook and the health conscious consumer.