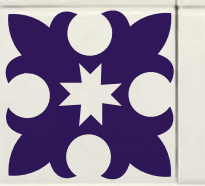


# PORTUGAL THE COOKBOOK



**Peixinhos da Horta**

**PHAIDON**

# Battered Green Beans

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**Peixinhos da Horta**

📍 Lisboa

Literally meaning ‘little fish from the garden’, these battered and fried green beans are served as appetisers in both family restaurants and the home. This technique, which we now call tempura, was actually introduced to the Japanese in the 16th century, when three Portuguese merchants were the first Europeans to arrive in Japan. It has been a staple of Japan’s cuisine ever since. The word ‘tempura’ comes from the Latin word ‘tempora’, referring to times of fasting, and *Peixinhos da Horta* (and sometimes fried fish) were often eaten when the Catholic church dictated that meat should be avoided.

# Battered Green Beans

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Peixinhos da Horta

🇵🇹 Lisboa

Preparation time: 10 minutes

Cooking time: 15 minutes

Serves: 4

500 g/1 lb 2 oz green beans, trimmed and strings removed

180 g/6 oz (1½ cups) plain (all-purpose) flour

120 ml/4 fl oz (½ cup) whole (full-fat) milk

1 litre/34 fl oz (4¼ cups) sunflower oil, for deep-frying

juice of 2 lemons, for drizzling

sea salt

# Battered Green Beans

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**Peixinhos da Horta**

📍 Lisboa

Have a large bowl of iced water nearby. Bring a medium saucepan of water to the boil, add the beans and blanch for 30 seconds, or until soft. Transfer with a slotted spoon to the iced water and leave to cool. Once cool, put them in a colander and leave to drip to remove any excess moisture.

Put the flour into a large bowl, add the milk and stir together until a smooth batter forms.

Line a large baking sheet with paper towels. Heat the sunflower oil for deep-frying in a large, deep saucepan or fryer until it reaches 180°C/350°F on a thermometer. Taking three or four beans at a time, dip them into the batter, then carefully drop them into the hot oil and deep-fry for 1 minute, or until golden. Remove with a slotted spoon and leave to drain on the lined baking sheet. Repeat with the remaining beans.

Season the beans with salt and drizzle with lemon juice before serving.