

Tempura-Battered Smelt

The classic Acadian way to cook smelt is to fry them. I put a twist on that tradition by frying them in this light tempura batter my husband and I use for shrimp. I serve this with heads on because, like anchovies, these fish are so small everything is edible. But you can remove heads and internal organs if desired.

Recipe by [Amandine Mathieu](#) | Created on **Mar 11, 2022**

Ingredients

- 1 cup rice wine
- ½ teaspoon salt
- 1 pound smelt
- 1 tablespoon all-purpose flour, or as needed
- 2 quarts oil for deep frying
- ¾ cup ice water
- ½ cup all-purpose flour
- ½ cup cornstarch
- 2 egg yolks
- 2 teaspoons sesame seeds
- 2 teaspoons sesame oil
- 1 teaspoon baking powder
- ½ teaspoon white sugar
- ½ teaspoon salt

Directions

- Whisk rice wine and 1/2 teaspoon salt together in a bowl. Lightly dust smelt with about 1 tablespoon flour. Add smelt to rice wine mixture; cover bowl with plastic wrap and marinate in the refrigerator for about 20 minutes.
- Heat oil in a deep-fryer or large wok to 375 degrees F (190 degrees C).
- Mix ice water, 1/2 cup flour, cornstarch, egg yolks, sesame seeds, sesame oil, baking powder, sugar, and 1/2 teaspoon salt together in a bowl.
- Remove smelt from rice wine mixture and dip, 1 at a time, into the flour mixture until evenly coated. Discard remaining rice wine mixture.
- Carefully fry smelt, 2 or 3 at a time, in the hot oil until golden on all sides, 3 to 4 minutes. Remove with a slotted spoon and drain on paper towel-lined plates. Repeat frying with remaining smelt. Serve warm.

Nutrition Facts

Serving: **4 servings** | Calories: **758.6 kcal** | Carbohydrates: **31.9 g** | Protein: **23.6 g** | Saturated fat: **7.4 g** |
Cholesterol: **181.4 mg** | Sodium: **779.3 mg** | Fiber: **0.8 g** | Sugar: **0.1 g**

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