

VEGETABLE CRISPS

INGREDIENTS

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



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.