

Fried Asparagus Sticks

Oscar · 28/09/2024

**Prep Time**

25 mins

Difficult

Medium

Servings

5

Description

This fried asparagus sticks recipe is a tasty way to get in your veggies Even kids and picky eaters will enjoy

Ingredients

- - 1 cup vegetable oil
- or as needed - 2 cups buttermilk - 1 ½ lemons
- zested - 1 teaspoon ground paprika - 1 teaspoon ground black pepper - ½ cup all-purpose flour - 1 bunch fresh asparagus
- trimmed

Instructions

1. Heat 1-inch vegetable oil in a deep-sided skillet over medium heat. Whisk buttermilk
2. lemon zest
3. paprika
4. and black pepper together in a wide bowl. Pour flour into a separate wide bowl. Place a paper towel-lined plate near the stovetop. Dip 1/3 of asparagus into buttermilk mixture. Dredge in flour; coat thoroughly. Repeat with a second layer of buttermilk mixture and flour. Place coated asparagus
5. unstacked
6. onto a baking sheet. Repeat with remaining asparagus. Fry coated asparagus
7. in three batches
8. in hot oil until golden brown
9. 2 to 4 minutes. Transfer to the paper towel-lined plate. Repeat frying until all the sticks are cooked. Serve immediately. Cook's note: Add a 1-inch cube of bread to the hot oil to check if it is ready. If it turns deep golden brown in color after a count of 40
10. the oil is ready. If the bread cube browns too quickly
11. turn down the heat and wait a few minutes for it to cool. Editor's note: Nutrition data for this recipe includes the full amount of coating ingredients. The actual amount of coating consumed will vary. We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
12. ingredient density
13. and the specific type of oil used.