

# FISH AND CHIPS for 4 people

## Ingredients:

### Chips

Potatoes (one medium to large sized potato per person)

Vegetable Oil for deep frying

Salt for seasoning

### Fish and Batter

#### Fish

White fleshed Fish for example Pollock, Cod, Sea bream etc

boneless and skinless

Salt and pepper

#### Batter

IPA Beer

1 cup of Self raising Flour

1/2 cup of Rice Flour

Vegetable Oil for deep frying



## CHIPS

1. Peel and slice the potatoes into chips about 1cm x 1cm (about double the size of french fries). Don't worry if some peel is left on the chips.
2. Wash the chips under running water for around 1 minute to remove the starch.
3. Place the chips in a pot, cover in water and boil on a low heat for about for 10-15mins or until the potato is soft and almost breaks.
4. Remove the water and place chips on a tray to dry and place in the fridge for 1 hour or longer preferably overnight.
5. Heat the vegetable oil until hot, test the temperature with a small chip. The chip should float to the top and cook to a light brown colour.
6. Place all your chips and the oil and fry until crunchy on the outside. Remove the chips and place on some kitchen paper to remove the excess oil.



## FISH

1. Mix  $\frac{1}{2}$  a teaspoon of salt and 1 teaspoon of pepper together, then use it to season the fish fillets on both sides - this will help to remove any excess water, making the fish really meaty.
2. Place in the fridge for about an hour.
3. Sift the self raising flour and rice flour together, add the beer and whisk until nice and shiny - the texture should be like semi-whipped double cream (i.e. it should stick to whatever you're coating).
4. Dust each fish fillet in a little flour, then dip into the batter and allow any excess to drip off. Holding one end, gently lower the fish into the oil one by one, working carefully so you don't get splashed - it will depend on the size of your fryer or pan how many fish you can cook at once.
5. Cook for 4 minutes, or until the fish is cooked through and the batter is golden and crisp, then remove to kitchen paper to drain.

Be sure to eat your fish and chips while hot for the most enjoyment and feel free to use your own favortie seasoning, a slice of Lemon is always a favorite or malt vinager