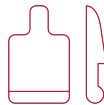




Beer Battered Fish and Twice Cooked Chips



DIFFICULTY: EASY



PREPARATION TIME: 35
MINUTES



COOKING TIME: 65 MINUTES



SERVES: 4-6

Ingredients

1.2kg large Dutch cream potatoes, cut into thick 2.5cm chips

2 tablespoons vinegar

2-3 tablespoons rice bran oil

1 tbsp self raising flour

1 tbsp cornflour

1 tsp herb and garlic seasoning

Beer Batter Fish

Rice brain oil, for deep frying

1/2 cup plain flour

1/3 cup self raising flour

Salt and pepper

200-250mls cold beer

600g whiting fillets or flathead tails or white fish fillets

Extra plain flour, for dusting

Tartare

1 cup egg mayonnaise

Method

Preheat the oven on CircoTherm® intensive to 200°C.

Add the potatoes to a large saucepan of water with the vinegar and bring to the boil using induction setting 9. Boil the chips for 5 minutes then remove from the heat, carefully drain and cool quickly in cold water. Once cold, drain well in a colander.

Pour the oil onto the universal tray and heat for 6-8 minutes. Meanwhile toss the chips in the combined flours and seasoning until well coated then place into the heated oil on the tray. Bake turning every 15 minutes for 45-50 minutes until crisp and golden.

Three quarters fill a large saucepan with oil the heat using induction setting 7 or 8 until well heated (see notes).

Meanwhile, in a bowl combine the sifted flours, salt and pepper then gently whisk in the beer until the batter is thick and smooth. Toss the fish lightly in the extra flour, shake off any excess then dip into the prepared batter, shake off any excess then carefully lower into the hot oil. You should be able to cook 2-3 pieces at once depending on their size. Fry the fish for 3-4 minutes or until cooked, crisp and golden. Drain well on absorbent paper and keep warm until all fish has been cooked.

Combine in a bowl the mayo, gherkin, olives, capers, spring onion and lemon rind, mix well.

Serve the fish and chips with a dollop of tartare sauce and lemon if desired. Serve immediately.

1/4 chopped gherkins

1/4 cup chopped green olives

1/4 cup chopped capers

2-3 spring onions, finely chopped

Finely grated rind of half a small lemon

Lemon wedges, for serving

Notes

To test the oil is hot enough, place the handle end of a wooden spoon in to the hot oil... if bubbles form quickly around the spoon the oil is ready... if not, continue heating the oil and test again before frying. You can also add a cube of bread to the oil, if it bubbles quickly around the bread it is ready for frying.