COOKING PASSION SINCE 1877

Fish and chips

DIFFICULTY: EASY

PREPARATION TIME: 45 MINUTES

COOKING TIME: 1 HOUR

SERVES: 6

Ingredients

Chips
1 kg waxy potatoes, peeled
1 litre peanut oil
½ tsp ground curry and sweet paprika
a pinch of salt

Fish
900 g barramundi
1 tsp salt
1 tsp freshly ground pepper
Beer Batter
250 g flour
1 tsp baking powder
2 pinches of sugar
120 ml water, iced
1 tbsp vinegar
100 ml chilled dark beer
Worcestershire sauce
2 lemons, quartered

Method

Preheat the oven to 100°C, CircoTherm®.
Place baking paper on two oven trays. Peel the potatoes, cut them into sticks and let them rest in a bowl with cold water.
Meanwhile, heat the oil in a pot or deep fryer, to 150°C. Drain the potatoes and dry them gently on a kitchen towel. Deep fry the potato sticks in portions for 3-4 minutes until they are just turning soft. Place the potato sticks on one baking tray. Heat the oil to 175°C and deep fry the potato portions again for about 2 minutes until they turn golden brown. Place the chips on the second tray and season with curry, paprika and salt. Place in the oven to keep warm.
Cover the fish fillets with salt and pepper on both sides. This extracts water from the fish and allows for a more meaty texture. Cut fish fillets in finger-food style pieces. Cutting seafood into uniform size pieces will allow for even cooking.
Now to make the beer batter. Sift flour, baking powder and sugar in a bowl. Add water, beer, vinegar and a few drops of Worcestershire sauce. Stir only briefly. The batter should have the consistency of medium whipped cream. If the dough is too dense, add a few drops of beer. Heat the oil to 190°C. Cover the fish pieces with a thin layer of batter and deep fry for 4-5 minutes on both sides until golden brown.

Notes

Feel free to substitute the type of fish used depending on what you have available. White fleshed fish such as whiting, flathead, snapper, ling and murray cod as skinless fillets or in bite-size chunks (fish cocktails) will work great for this type of recipe.

We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. All herbs are fresh (unless specified) and cups are lightly packed. All vegetables are medium size and peeled, unless specified. All eggs are 55–60 g, unless specified.

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