

LONDON

FISH AND CHIPS

Ingredients (for 4 persons)

- 6 potatoes, cut in 8 wedges each
- 375 ml unbleached flour
- 30 ml corn starch
- 2,5 ml baking powder
- 250 ml lager beer
- 675g haddock fillets (or cod or turbot), cut in half if necessary
- Salt and pepper
- Frying oil

Preparation:

Preheat the oil in the deep fryer to 170° C. Place a rack on a baking sheet. Preheat the oven to 100° C. Dip the potatoes in tepid water to remove the starch. Drain and dry them. Deep fry for 8 min. or until lightly coloured. Drain the chips, place them on the rack and allow to cool off a bit.

Raise the temperature of the oil to 180° C. In a bowl, mix 250 ml flour, the corn starch, the salt and the baking powder. Slowly add the beer and whisk the mixture until smooth. Set aside.

Put the potatoes back in the deep fry for another 3 to 4 min. or until golden. Remove from the deep fry and drain on the baking sheet. Add salt and set aside in the oven.

Sprinkle the pieces of fish with salt and pepper and dip them in the rest of flour. Shake off any excess. Then dip each fish piece in the dough to cover them well. Drain and fry a few pieces together, always shaking the frying basket to avoid them from sticking together or to the basket. Fry for about 5 min. Remove the fish pieces and set to drain on the rack.

