

LONDON

FISH AND CHIPS



Ingredients (for 4 people)

- 6 potatoes, cut into 8 wedges each
- 375 ml unbleached wheat flour
- 30 ml corn starch
- 2.5 ml baking powder
- 250 ml lager
- 675 g haddock (or cod or turbot) fillets, cut in half if necessary
- Salt and pepper
- Oil for frying

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 slightly.

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

Fry the potatoes again in the deep fryer for another 3 to 4 min. or until golden. Remove from the deep fryer 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 coat well. Drain and fry a few pieces at the same time, 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.

