

FRIED FISH SANDWICH

F EASY

Last Modified: 11/05/2019

PREP: 14 Hrs
COOK: 10 Min
DEEP FRIED

SANDWICH

MAKES: 4 SANDWICHES

QUA	MEASURE	INGREDIENT	PROCESS
4	4 Oz	Firm Fish Filets (Cod, Haddock, Catfish, Etc.)	
4	Split	Kaiser Rolls	Toasted

BREADING MIX

3	Inches	Peanut Oil (LouAna) For Deep Frying	
1 1/2	Cups	All Purpose Flour	Divided
2	Tbsp	Corn Starch	
2	Tsp	Baking Powder	
1/4	Tsp	Cayenne Pepper	
1	Tsp	Sweet Hungarian Paprika	
1 +/-	Cup	Dark Beer (Porter - NOT Black)	
2	Tsp	Kosher Salt	Divided
1/4	Tsp	Fresh Ground Black Pepper	

TARTAR SAUCE

1/2	Cup	Mayonnaise (Hellmann's)	
1/2	Tsp	Dijon Mustard (Grey Poupon)	
1	Tbsp	Fresh Lemon Juice	
1	Tbsp	Fresh Dillweed Leaves	
2	Tbsp	Dill Pickle Relish (Dry)	
1	Tbsp	Capers (Dry)	Chopped
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

QUICK COLE SLAW OPTION

1 1/2	Cups	Purple Cabbage	Thin Slivered
1 1/2	Cups	Green Cabbage	Thin Slivered
1	Tbsp	Apple Cider Vinegar (Bragg Organic)	
1	Tbsp	Honey	Warmed
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION

FACTOID	I used to enjoy this Sandwich relatively often for lunch at a small diner in downtown Uxbridge England. They ALWAYS used Haddock, but this works with ANY firm Fish (whatever you can find FRESH - Cod, Halibut, Catfish, Tilapia, Grouper, Walleye.
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FRIED FISH SANDWICH

TOOLS	<p>1) Large Zip Loc Bag 2) Medium Mixing Bowl 3) Two Small Mixing Bowls 4) Large Cast Iron Skillet Or Dutch Oven 5) Aluminum Half Sheet Pan & Wire Rack</p>
PREP	<p>DISH 1) Pat the Fish pieces dry with paper towels and set them aside on the wire rack.</p>
PREP	<p>TARTAR SAUCE N/A</p>
PREP	<p>QUICK COLE SLAW 1) Core and thinly sliver the heads of Cabbage, mix and set them aside.</p>
1	<p>THE MORNING OF: Make the Cole Slaw. In a medium mixing bowl, whisk together the Vinegar, warm Honey, Salt & Pepper. Using tongs, add in the Shredded Cabbages and toss until all is coated. Cover and refrigerate until ready to serve the Sandwiches.</p>
2	<p>TARTAR SAUCE: In a small mixing bowl, stir together the Mayonnaise, Lemon Juice, Dill, Relish and Capers. Season to taste with Salt and Pepper. Cover and refrigerate until time to serve the Sandwiches.</p>
3	<p>BREADING: In a medium mixing bowl, whisk together 1 cup of the Flour, Corn Starch, Baking Powder, Paprika, Cayenne Pepper and 1 teaspoon Kosher Salt. Stir in enough Beer to make a Batter similar to the consistency of Pancake Batter (slightly runny).</p>
4	<p>BREADING: Add the remaining 1/2 cup of Flour into a pie tin.</p>
5	<p>FISH: Season the Fish generously on both sides with Salt and Pepper. Place one piece of Fish into the dry Flour, coating both sides and set them aside on a wire rack to dry slightly. Using tongs, Dip both sides of each Fish piece into the Batter Mix and hold it up to let any excess drip back into the bowl, then, dip both sides back into the dry Flour and place them back on the wire rack to dry.</p>
6	<p>FRYING: In a large cast iron skillet over medium heat, add in 3 inches of Peanut Oil and heat until it reaches 350 degrees F. Using long handled tongs, GENTLY submerge pieces of Fish (driest first) into the Oil, NOT crowded. Fry for 8 to 10 minutes. If necessary, CAREFULLY turn the pieces over again (they break easily) until they are crispy brown on both sides. Place the cooked Fish on a paper towel lined plate and Salt one final time. Repeat until all of the Fish is Fried.</p>
7	<p>BUNS: Cut the Kaiser Rolls in half if not already done. Toast the cut sides and spread with softened Butter. You can Broil them all at the same time, but you must watch CLOSELY so they don't burn.</p>
SERVE	<p>BUILD THE SANDWICH: Spread a little Tartar Sauce on both halves of the Kaiser Rolls. Add a piece of Fish on the bottom half, Either top the Fish with a generous portion of Cole Slaw or simply a slice of ripe Tomato and leafy Lettuce. Press on the top half and enjoy with a Pickle Spear, extra Cole Slaw and Lemon Wedges on the side.</p>