

ENGLISH FISH & CHIPS (BEER BATTERED)

F EASY

Last Modified: 05/20/2015

PREP: 30 Min
COOK: 45 Min
STOVETOP

SEAFOOD

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3	Pounds	Haddock Fillets	
OR			
3	Pounds	Cod Fillets	
OR			
3	Pounds	Skate Fillets	
OR			
3	Pounds	Pollock Fillets	
OR			
3	Pounds	Walleye Fillets	
OR			
3	Pounds	Lake Perch Fillets	
6	Large	Russet Potatoes (Starchy Potato = Great Fries)	
2	Quarts	Peanut Oil For Frying	
2	Cups	All Purpose Flour	
2	Tsp	Old Bay Seasoning	
1	Tsp	Baking Soda	
4	Lg Pinches	Coarse Kosher Salt	
1	12 Oz	Bottle Dark Beer (Amber Style)	VERY Cold

PREPARATION

FACTOID	This was one of my FAVORITE foods in the U.K.. In <u>any</u> City, there are tons of tiny walk-ins (called Chippies) where this is the most popular thing they sell. You get a large paper basket filled with large portion of "Chips" topped with several hot & EXTREMELY crisp Battered Fish Fillets (Their Haddock is BEST). The basket used to be lined with newspaper to soak up any extra grease, nowadays, their health department has deemed it "unhealthy", so you get either a sheet of "fake printed" or "unprinted" newspaper lining the bottom. English Chips are NOT American Fries. They are usually a tad on the soggy side, but still nicely golden brown. Traditionally served with a small cup of Mushy Peas (NOT my cup-of-tea - the texture of baby food). Late at night, search for a "Chippy" with a line out the front door of nighttime characters (Most will have had a few Pints inside them). If the line is short, ask "What's Hot?" & order that - otherwise get HADDOCK (most expensive). Apply a liberal coating of coarse Salt and Malt Vinegar and dive in with the weird supplied heat-proof plastic fork (See Pictures).
TOOLS	1) Medium Mixing Bowl 2) Dutch Oven 3) Aluminum Half Sheet Pan & Wire Rack 4) Deep Frying Thermometer
PREP	None.
1	Cut the Fish Fillets into pieces about 1 1/2 inches wide, cover them with plastic wrap and refrigerate.

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2	Heat the Peanut Oil in a large deep heavy pot (Dutch Oven) until it reaches 350 degrees. You want 325 degrees to be the active cooking temperature - Try to maintain the 325 degrees throughout cooking.
3	Cut the Potatoes into equal thickness French Fries (Skins either on or off) as thick or as thin as you like them. Store them in cold water to keep them from turning brown and getting bitter.
4	Pat the Potato Sticks dry with paper towels just before blanching them.
5	Working in small batches, blanch the Potatoes until they are cooked, but not starting to brown (4 to 5 minutes). Stirring them often to keep them separated.
6	Remove them from the hot oil and place them on a paper towel lined sheet pan until all of them are blanched.
7	Raise the temperature of the deep frying oil to 375 degrees and preheat the oven to 300 degrees while waiting.
8	Meanwhile, In a medium mixing bowl, combine the Flour, Seasonings, Baking Soda and a pinch of Salt. Make a well in the center of the Flour and gently stir in the Beer (pour it slowly so it does not foam too much). Mix it until just combined - do NOT over mix. This is a relatively thick batter.
9	When the Peanut Oil is at the correct temperature, pat the Fish Pieces dry and evenly dredge them in the Batter Mixture. If the Batter Coating is too thick, you can lightly drag both sides of the Fillet across the side of the mixing bowl to remove a little.
10	When adding the battered Fish to the hot Oil, lower about 1/3 to 1/2 of each Fillet into the hot Oil with your fingers and gently swish until the Batter just begins to puff up, then gently drop the entire Fillet in - This keeps the Fish from initially sinking to the bottom and sticking there.
11	Fry the Fish until it's golden brown and crispy - about 5 minutes, turning the Fillets over with tongs often as they cook. Work in batches and be certain to not crowd the Fish in the Oil. MAINTAIN the Oil temperature as close to 375 degrees as you possibly can.
12	As soon as the Fish Fillets are browned, remove them from the hot Oil and place them on paper towels, blot the tops with paper towels to soak up any excess Oil, sprinkle each generously with Coarse Salt and then arrange the Fish Filets in a single layer on a wire rack on a paper towel lined sheet pan and place them in the oven to keep them hot and very crisp.
13	Final-fry the Potato Sticks a second time at 375 degrees until golden brown. Remove them from the Oil and place them on paper towels, sprinkle all liberally with Coarse Salt.
SERVE	Place the Fish and Fries on a serving platter and serve while hot with a bottle of Malt Vinegar on the side.