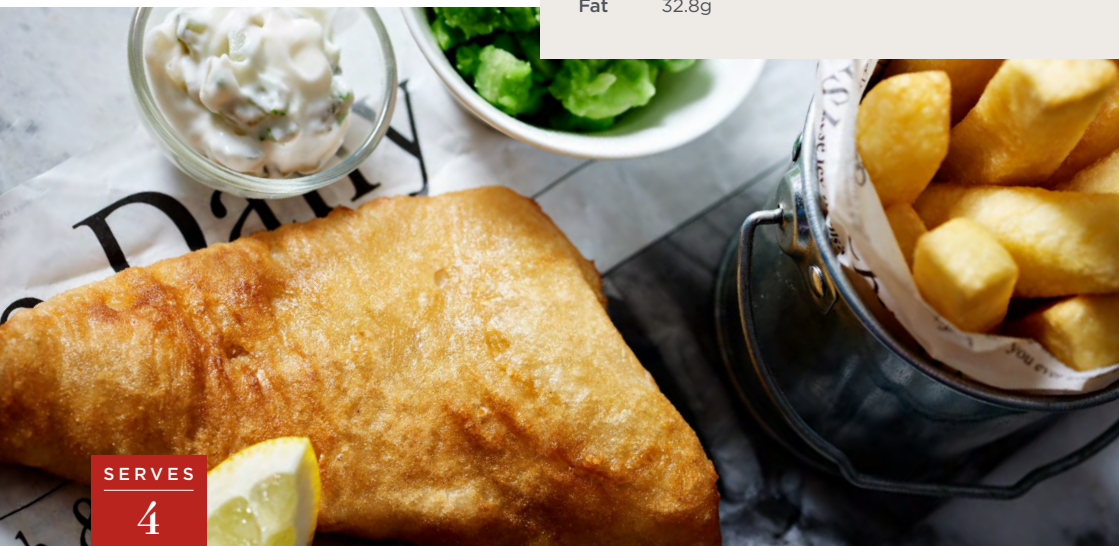


Fish & Chips

NUTRITION (PER SERVING)

Energy	730kcal	Saturated Fat	2.1g
Salt	1.2g	Sugars	2.1g
Fat	32.8g		



SERVES

4

"Impressed by our nutritional analysis? Wait until you taste it!"

Chef at Sunrise of Knowle

INGREDIENTS

550g potatoes
 4 fresh cod fillets, 120g each
 160g plain flour
 ½ tbsp of baking powder

110ml Newcastle Brown Ale
 10g fresh parsley – chopped finely
 ½ lemon – cut into 4 wedges
 Pinch of salt

CHIPS

INSTRUCTIONS

1. Peel potatoes and cut into chips.
2. Place the chips under cold running water in a colander and rinse.
3. Place the chips in a pan of cold water, bring to a gentle boil and simmer for 3-4 minutes.
4. Drain the chips and dry with kitchen towel.
5. Fry the chips for 2 minutes at 120C, then set aside.
6. When needed, fry again for 5-6 minutes at 180C until golden, crisp and cooked through.
7. When they are done, drain and remove the excess oil on kitchen towel.

FISH

INSTRUCTIONS

1. Mix together half of the flour, baking powder and salt.
2. Quickly whisk the beer into the flour mix to make a thick paste (this needs to be done just before cooking the fish).
3. Coat the fish with plain flour, then dip it into the batter mix until evenly coated.
4. Fry the fish at 180C in a deep fat fryer until golden and crisp (gently agitate the fish when first placed in the fryer so it cooks evenly and doesn't stick to the basket).
5. Remove the fish and drain the excess fat on kitchen towel. Garnish with parsley.

Serve fish and chips with a wedge of lemon, peas (optional) and tartare sauce (optional).