

Fish and Chips, English – Food Network

Chips

4 large russet potatoes, peeled and cut into index-finger-sized pieces

Heat 3 inches of oil in a deep fryer to 325 F. Put the potatoes in the oil and fry for 2-3 minutes. They should NOT be crisp or fully cooked at this point. Remove the chips, and place on paper towel to drain.

Fish and Assembly

2 cups all-purpose flour

1 Tablespoon baking powder

1 tsp salt, plus more for seasoning

½ tsp freshly ground black pepper

1 large egg, lightly beaten

12 oz soda water

½ cup rice flour for dredging

4 4-oz haddock fillets

Malt vinegar, tartar sauce, lemon for serving

Heat the oil to 375 F.

In a large mixing bowl, combine the flour, baking powder, salt, pepper, and egg. Pour in the soda water and whisk to a smooth batter. Spread the rice flour on a plate. Dredge the fish pieces in the rice flour and then dip them into the batter, letting the excess drip off.

Put the chips in the bottom of the fryer basket and carefully submerge in the hot oil. Carefully wave the battered fish into the bubbling oil before dropping them in on top of the chips. Fry the fish and chips for 4 to 5 minutes until crispy and brown. Remove the basket and drain the fish and chips on paper towels; season lightly with salt.

Tartar Sauce

1 cup mayonnaise

1 Tablespoon chopped capers

1 Tablespoon chopped cornichons

2 Tablespoons finely chopped flat-leaf parsley

Juice of ½ lemon

Combine all ingredients. Chill before serving.

Yield 1 ¼ cups.