



National Fish & Chip Day 07.06.19

Recipe Ideas



Let's celebrate the nation's most popular dish.
#NationalFishandChipDay

OUR FEATURED FISH | *Whiting*

Whiting are a smaller fish from the Cod family and a good budget fish to use as an alternative for fish and chips. Best consumed when very fresh as the flesh is very delicate.

01WHI17E06 | WHITING - FILLET 170-230G (EACH)

Contact your account manager for more information.



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Crispy battered Whiting,

served with traditional mushy peas, tartare sauce, grilled lemon and chips.

Whiting is a smaller fish from the Cod family. This underutilised fish makes an excellent choice on any specials board. The south west has always known about this delicate white fish, and we want to share this secret with you.

Prep Time: 10 mins Cooking Time: 10 mins Servings: 4 people

Ingredients

- 4 x Whiting fillets, pinboned and scaled (170-230g each)
- Serving of traditional mushy peas
- Serving of tartare sauce
- 2 x fresh lemons
- Flat leaf parsley
- Chips
- **Fish batter mix (gluten free)**
 - Gluten free self raising flour (350g)
 - Corn flour (100g)
 - Turmeric (2g)
 - Salt (15g)
 - Sparkling water (660ml)



Instructions

1. Mix the dry ingredients together and gently whisk in the sparkling water.
2. Set fat fryer temperature to 185°.
3. Pass fish through batter and slowly lower (do not drop) into the hot oil. Gently agitate the fish, which will give the batter a rippled texture. Once it is lowered 2/3 of the way, allow the Whiting to drop into the oil fully.
4. Allow to fry for 4-6 minutes.
5. Assemble the other ingredients.
6. Lift battered Whiting onto a cooling rack to allow excess oil to drain.
7. Serve battered Whiting with grilled lemon, mushy peas, tartare sauce and chips. Grilling the lemon gives a new level of flavour acidity that will complement the delicate flavoured Whiting.
8. To give an edge to the mushy peas, add some freshly chopped mint.

