



# CRISPY BATTERED COLEY RECIPE

SERVED WITH TRADITIONAL MUSHY PEAS, TARTARE SAUCE, GRILLED LIME, CHARGRILLED SALAD, SALTED CAPERS AND CHIPS.

**BUYERS' PICK** | *COLEY*

# CRISPY BATTERED COLEY RECIPE

*Direct Seafoods*

## INGREDIENTS

**PREP TIME: 10 MINS COOKING TIME: 6 MINS SERVINGS: 4 PEOPLE**

- 4 x Coley supremes, pinboned and scaled (170-200g)
- Serving of traditional mushy peas
- Serving of tartare sauce
- 2 x fresh limes
- 2 x fresh little gems
- Cherry tomatoes on the vine
- Salted capers
- Chips
- Fish batter mix (gluten free)
- Gluten free self raising flour (350g)
- Corn flour (100g)
- Turmeric (2g)
- Salt (15g)
- Sparkling water (660ml)

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## METHOD

- Mix the dry ingredients together and gently whisk in the sparkling water.
- Set fat fryer temperature to 185°.
- 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 lowered 2/3 of the way allow the Coley to drop into the oil fully. Allow to fry for 4-6 minutes.
- Chargrill little gem, tomatoes and lime.
- Lift battered Coley onto a cooling rack to allow excess oil to drain.
- Assemble other ingredients.
- Serve Coley sprinkled with salted capers, grilled lime, chargrilled little gem, tomatoes, mushy peas, tartare sauce and chips.