



National Fish & Chip Day 07.06.19

Recipe Ideas



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

OUR FEATURED FISH | *Coley*

Similar to Cod, Coley are firm but tender, with large flakes, easily separated. The flavour of Coley is clean but buttery. This fish is an excellent alternative to more traditionally served Cod and Haddock.

01COL17E08 | COLEY: SUPREME 170-200G SCALED & BONED (EACH)

Contact your account manager for more information.

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Crispy battered Coley,

served with traditional mushy peas, tartare sauce, grilled lime, chargrilled salad, salted capers and chips.



Coley is still a good alternative to Cod and Haddock, and works well for the cost savvy amongst you. We often tout this as a buyer's recommendation as we believe it's a great white fish – deserving of its place on the menu as a sustainable and underutilised species.

Prep Time: **10 mins** Cooking Time: **6 mins** Servings: **4 people**

Ingredients

- 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)



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 lowered 2/3 of the way allow the Coley to drop into the oil fully. Allow to fry for 4-6 minutes.
4. Charrill little gem, tomatoes and lime.
5. Lift battered Coley onto a cooling rack to allow excess oil to drain.
6. Assemble other ingredients.
7. Serve Coley sprinkled with salted capers, grilled lime, chargrilled little gem, tomatoes, mushy peas, tartare sauce and chips.