



National Fish & Chip Day 07.06.19

Recipe Ideas



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

OUR FEATURED FISH | *Mackerel*

Mackerel are oily fish with a light aroma and a pink coloured flesh. Mackerel are a good value sustainable fish, and a great source of omega-3.

01MAC00E06 | MACKEREL: FILLET (EACH)

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Battered Mackerel,

served with deep fried samphire, cider and dill mayonnaise, grilled lemon and chips.

Mackerel is one of our locally caught great value fish, MCS rated 2 and one of the richest sources of Omega 3. Mackerel is a much underrated species. Traditionally oily fish is not deep fried. However, this dish is certainly one to try!

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

Ingredients

- 4 x Mackerel fillets, boned (each)
- Samphire
- 2 x fresh lemons
- Mayonnaise (50g)
- Dill (1g)
- Cider (10ml)
- 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 Mackerel to drop into the oil fully. Allow to fry for 4-6 minutes.
4. Mix 10ml cider and 1g of dill with 50g mayonnaise to produce the cider mayonnaise.
5. Dip samphire into batter and gently lower into the hot oil. Fry for 2-3 minutes.
6. Lift battered samphire and Mackerel onto a cooling rack to allow excess oil to drain.
7. Serve Mackerel with grilled lemon, deep fried samphire, cider and dill mayonnaise and chips.