

# Deep fried Cod and Monkfish bites,

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



Using Cod and Monkfish cheeks gives this dish an extra dimension. Utilising a cut that few customers see on a menu also helps to keep the cost more moderate. This is a great way to introduce this part of the fish to a broader audience - a chef favourite.

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

## Ingredients

- Cod cheeks (100g per portion)
- Monkfish cheeks (100g per portion)
- Serving of traditional mushy peas
- Serving of tartare sauce
- 2 x fresh lemons
- 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 cheeks through batter and slowly lower (do not drop) into hot oil. Gently agitate the fish, which will give the batter a rippled texture. Once lowered 2/3 of the way, allow the cheeks to drop into the oil fully.
4. Allow to fry for 4-6 minutes.
5. Assemble the other ingredients.
6. Lift battered cheeks onto a cooling rack to allow excess oil to drain.
7. Serve deep fried fish cheeks with grilled lemon, mushy peas, tartare sauce and chips. Grilling the lemon gives a new level of flavour acidity which will complement the fish.
8. To give an edge to the mushy peas, add some freshly chopped mint.