



National Fish & Chip Day 07.06.19

Recipe Ideas



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

OUR FEATURED FISH | *Cod & Monkfish*

Cod and Monkfish are both versatile and commonly seen on most menus.

01CODCF00K00 | COD: CHEEKS (KG)

01MONCF00K00 | MONKFISH: CHEEKS (KG)

Contact your account manager for more information.

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**NATIONAL
FISH & CHIP DAY**
FRYDAY 7 JUNE 2019

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.