



National Fish & Chip Day 07.06.19

Recipe Ideas



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

OUR FEATURED FISH | *Plaice*

Plaice are commonly the most abundant of the flat fish and make an excellent menu item - be that whole or as fillets. Plaice is hugely seasonal.

01PLA17E05 | PLAICE: FILLET 170-200G (EACH)

Contact your account manager for more information.

www.directseafoods.co.uk

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

Deep fried Plaice,

served with grilled lime, sweet chilli sauce and chips.

Plaice is an amazing fish battered or fried. With the local markets reporting fat flat fish being landed, the summer really is the time to have this very distinctive flat fish on the menu.

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

Ingredients

- 4 x Plaice fillets, skinned (170-200g each)
- 2 x fresh limes
- Sweet chilli sauce
- 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 hot oil. Gently agitate the fish, which will give the batter a rippled texture. Once lowered 2/3 of the way, allow the Plaice to drop into the oil fully.
4. Allow to fry for 4-6 minutes.
5. Assemble the other ingredients.
6. Lift battered Plaice onto a cooling rack to allow excess oil to drain.
7. Serve fried Plaice with grilled lime, sweet chilli sauce, & chips. Grilling the lime gives a new level of flavour acidity which will complement the Plaice.
8. Serve with buttered sourdough bread.

