



National Fish & Chip Day 07.06.19

Recipe Ideas



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

OUR FEATURED FISH | *Swordfish*

Magnificent, large game fish found right across the world, they are extensively fished by longline. Swordfish has a meaty texture, and a mildly sweet flavor.

02SW017E08 | SWORDFISH: SUPREME 170-200G (EACH)

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Chilli, coriander and lime tempura battered Swordfish steak,

served with rose harissa and kefir yoghurt dressing with scrumps, chips and grilled lemon and lime.

Frying swordfish in a light tempura batter that's been seasoned with lime, chilli and coriander is a totally different presentation from the usual fish & chip fayre. With the bite of the rose harissa and sharpness of the Kefir yogurt dressing, this really will make the taste buds work overtime. The addition of some crunchy batter (known as "scrumps") adds an extra crunch. They are also great for dipping into the sauce.

Prep Time: 10 mins Cooking Time: 7 mins Servings: 4 people

Ingredients

- 4 x Swordfish steaks (170-200g each)
- 2 x fresh limes
- 2 x fresh lemons
- Whole red chillies
- Rose harissa paste (5g)
- Kefir natural yogurt (80g)
- Chips
- **Fish batter mix (gluten free)**
 - Gluten Free Flour (150g)
 - Corn Flour (350g)
 - 1 x Lime zest
 - 2 x Chopped red chillies
 - Chopped coriander (1g)
 - Very cold sparkling water (400ml)



Instructions

1. Mix all dry ingredients with lime zest, chopped chilli and coriander.
2. Slowly mix in the cold sparkling water.
3. Pass the steaks into the batter and then gently lower into hot oil (185°). Cook for 4-5 minutes.
4. Whilst doing this put your hands into the batter and then drop some chilli and lime batter into the oil to make "scrumps" / crunchies / scraps.
5. Lift fish and scrumps onto a cooling rack to allow excess oil to drain.
6. Mix rose harissa and kefir yogurt. This will produce a "split" dressing.
7. Serve with griddled lime, lemon and chips.

