



Name of the recipe: Fish'n chips with mushy peas

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4th Senior D

Make sure you have everything you need and place them on your kitchen counter. This is called "mise en place" (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something. Enjoy!

Ingredients:

1. 1350 gr. potatoes peeled and cut into chips
2. 2 tbsp olive oil
3. 225 gr (1.1/3 cup) self raising flour
4. Pinch salt
5. 250-280 ml very cold lager
6. Sunflower oil for frying
7. 4 x 180 grs fresh filets of cod or haddock
8. 2 lemons cut into wedges

For the mushy peas:

1. 500 grs frozen peas
2. 6 mint leaves chopped finely
3. 4 tbsp doublecream

Method:

1. Preheat the oven to 200°C & line a large baking tray with parchment
2. Place the chips on the tray and toss with the olive oil. Season with salt and cook in the oven for 40 mins, turning once until crisp and golden.
3. Meanwhile, sift the flour and salt into a large bowl, whisk in the lager until you have a smooth lump free batter with the consistency of double cream. It should be thick enough to coat the back of a wooden spoon
4. Pour enough sunflower oil into a large, deep pan to come halfway up the sides. Heat over medium heat until a cube of bread sizzles and crisps in about 30 seconds;
5. Season the fillets with salt and freshly ground black pepper and dust lightly with flour;
6. Dip two fillets into the batter shaking off any excess. Using tongs, carefully lower the fillets into the hot oil and cook for about 2-3 mins on each side. Drain on kitchen paper and keep warm. Repeat with the remaining 2 fillets.
7. Place the peas in a pan of boiling water and simmer for about 2-3 minutes over a medium heat Drain, reserving 2 tbsp cooking water. Stir the mint, the cream and cooking water into the peas. Crush with a fork and season to taste with salt and pepper. Serve with the fish'n chips with lemon wedges on the side.
8. Should serve on newspaper but we will forgive you if you choose a plate instead!