

Beer Battered Fish and Chips

During lent, people often don't eat meat. Some go vegetarian, others eat fish. The recipes posted this week will all be fish – in honor of lent. To start – Old fashioned fish and chips.



What you need:

- 4 large cod fillets (I like wild caught)
- 1 egg
- $\frac{1}{2}$ cup flour
- $\frac{1}{2}$ regular bread crumbs
- 1 cup of sweet beer (I used a Belgian Style tripel)
- 1 teaspoon Old Bay Seasoning
- 1 teaspoon garlic salt
- 4-5 large potatoes
- Flour to coat potatoes and fish
- Oil for deep frying (I like to mix canola and peanut

oil)

Sauces:

- $\frac{1}{4}$ cup ketchup
- 1 teaspoon horseradish
- $\frac{1}{4}$ cup mayonnaise
- 2 teaspoons sweet pickle relish
- $\frac{1}{2}$ teaspoon garlic powder

How to Do it:

Cut the potatoes into thin strips. Place them in cold water for about 10 minutes to rinse off the starch.



Dry on an absorbent towel or paper towels.



Mix the egg, beer, flour, bread crumbs, Old Bay and garlic salt until well blended. Set aside.



Cut each fish piece into two strips.



Heat the oil in a deep saucepan or deep fryers (should be 350 degrees).

Coat the potato strips in flour and fry in small batches until golden brown. Move to sheet pan and keep warm in a 300 degree oven.



While the potatoes are cooking, make the sauces:

Seafood Sauce – mix the ketchup and horseradish

Tartar Sauce – mix mayonnaise, pickle relish and garlic powder.

When potatoes are done, coat each fish



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dip in batter and coat well.



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Fry two to three pieces at a time, placing on paper towels as they become golden brown. Continue until all pieces are cooked.

Serve each plate with $\frac{1}{4}$ of the potatoes, 2 pieces of fish and a couple tablespoons of each sauce. Malt vinegar is also a great condiment!



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Salt and pepper to taste.

Serves 4

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