

FISH AND CHIPS GOURMET



Ingredients (serves 4 people):

Bread Dough

150 g wheat flour

200 ml light beer

Himalayan pink salt to taste

White ground pepper to taste

5 g of baking powder

Fish

800 g of skinless conger or sea bass fillet without bones

20 ml of lemon juice

White pepper to taste

Wheat flour needed to sprinkle

Himalayan pink salt to taste

Side Dish

Chips

400 g of potato cut into sticks

Himalayan pink salt to taste

Peanut oil

Tartar Sauce

1/2 cup mayonnaise

4 tbsp sour cream

1 tbsp mustard

2 pickles of chopped cucumber

3 tbsp chopped green olives

1 tbsp chopped parsley

1 chopped boiled egg

Himalayan pink salt to taste

White pepper to taste

1 1/2 lemon juice

Mashed Peas

300 g frozen peas

1 finely chopped onion

3 tbsp olive oil

3 cloves garlic, peeled

100 ml reduce cream

Himalayan pink salt to taste

White pepper to taste

Gorgonzola Sauce (yields 500 ml)

200 g of ricotta cream
200 ml reduced cream
150 ml of milk
150 g crumbly gorgonzola cheese
2 tbsp grated Parmesan cheese
Himalayan pink salt to taste

Preparation:

1. Season the fish fillets with lemon, salt and pepper. Reserve.
2. Mix the wheat flour with the baking powder, salt and pepper to taste.
3. Gradually add the beer and mix until it becomes a soft paste and if it thickens complete with a little beer.
4. For tartar sauce in a bowl mix mayonnaise with reduced cream, mustard, cucumber, olive, parsley and egg.
5. Season with salt, pepper and lemon juice and keep in the refrigerator.
6. For the mashed peas in a skillet sauté the onion and set aside.
7. Boil plenty of water in a large saucepan, add the peas and cook for 2 minutes.
8. Put peas, onion and reduced cream in a food processor.
9. Add salt and pepper and beat until mashed.
10. If to prefer a creamier mashed pea use a blender and not a processor.
11. To fry the potatoes heat oil and place the potatoes according to the amount of oil used and when golden brown remove with a slotted spoon and transfer to a screen or grill or iron sieve to drain.
12. Chips should be dry on the outside and soft on the inside.
13. For potatoes you can also fry in fat until soft, drain and freeze and when you are finished frying to serve add 1 tsp of cornstarch in the hot oil.
14. If to prefer can put the peeled and cut potatoes without washing directly in the oil that is in a pan at room temperature.
15. Then turn on the stove with the pan without lid.
16. First the potato will cook and evaporate all the water contained and then it will start frying.
17. When at desired point remove from heat and serve.
18. Season the potato chips with salt when serving.
19. Potatoes dipped in cold oil do not absorb fat as they are virtually waterproof.

20. For the gorgonzola sauce bring all the ingredients to medium heat.
21. Bring to boil until melted completely and if it is too thick to add milk and stir until it reaches the ideal consistency.
21. It is important to use the wire whisk to avoid jamming and if necessary, to adjust the salt.
22. Cover with PVC film not to create a crust. Reserve.
23. To fry the fish, pass the fish in the wheat flour before dipping it in the batter.
24. Drain off excess mass.
25. For deep frying, heat the oil well in a pan and place only one fillet at a time so as not to stick together.
26. Put two fingers of the hand into the batter, catch a fish and introduce into the hot oil very slowly.
27. Wait for the filet to rise and you can drop it in the pan at once.
28. When golden, remove with a slotted spoon and transfer to a screen or grate or iron sieve to drain.
29. Serve fish and chips with mashed peas, tartar and gorgonzola sauces on a platter.