

KIWI OR NEW ZEALANDER FISH AND CHIPS



FISH AND CHIPS FIRST VERSION



Ingredients (serves 4 people):

Fish

4 fillets of fresh skinless sole or cod with 150 g each

Salt to taste

Black pepper to taste

Vegetable oil to fry as needed

Bread Dough

1 cup wheat flour

2 tsp baking powder

1 egg

3/4 cup lemonade or beer

Salt pinch

Pepper pinch

Chips

400 g red potatoes

Vegetable oil to fry as needed

Mashed Peas

300 g frozen peas

1 medium sliced onion

3 tbsp olive oil

3 cloves garlic, peeled

100 ml of fresh cream

Salt to taste

Black pepper to taste

Preparation:

1. Beat egg in a bowl.
2. Sift in wheat flour, baking powder, salt and pepper stir through egg.
3. Then slowly add beer or lemonade mixing gently to make a thick batter.
4. For the pea puree in a skillet sauté the onion and set aside.
5. Boil plenty of water in a large saucepan, add the peas and cook for 2 minutes.
6. Put peas, onion and sour cream in a food processor.
7. Add salt and beat until mashed.
8. If you prefer a creamier puree use a blender and not a processor.
9. Fry potatoes in oil between 160 and 180° C, drain and set aside.
10. Season fish with salt and pepper, lightly wheat flour, dip in batter, dip in oil at 180° C to fry, remove and drain.
11. Warm the pea puree and serve.

FISH AND CHIPS SECOND VERSION



Ingredients (serves 4 people):

Fish

4 large pink potatoes

Vegetable oil to fry as needed

1/2 kg skinless sea whitefish fillet

Salt to taste

Pepper to taste

Bread Dough

1 cup wheat flour

1 tsp baking powder

1/2 tsp salt

1/2 cup milk

1/2 cup water

Preparation:

1. For potato chips, peel and cut the potatoes into 1 and 1/2 cm thick sticks.
2. British-style potatoes are peeled and chopped irregularly and are thicker and longer than American-style potatoes.
3. For the frying soak the oil well in a pan.
4. Fry the potatoes according to the amount of oil and when golden brown remove with a slotted spoon and transfer to a screen or grill or iron sieve to drain or keep warm in the oven if necessary.
5. The fries should be dry on the outside and soft on the inside.
6. If you are going to make fries from potatoes put the peeled and cut potatoes without washing directly in the oil that is in the pan at room temperature.
7. Then turn on the stove with the pan without lid.
8. First the potato will cook by evaporating all the water contained and then it will start to fry.

9. When at desired point remove from heat and serve.
10. Potatoes dipped in cold oil do not absorb fat as they are virtually waterproof.
11. For the dough in a container, mix wheat flour, baking powder and salt together.
12. Add milk and water slowly, then beat until batter is smooth.
13. For the fish to season with salt, black pepper and some lemon.
14. To fry the fish, pass the fish in the wheat flour before dipping in the batter.
15. Pouring only one fillet in hot oil at a time so that it does not stick together.
16. Put two fingers of the hand into the batter, take a fish by the tail and introduce into the hot oil very slowly.
17. Wait for the filet to want to rise up and you can drop it once and for all in the frying pan.
18. When it is well golden it will be ready.
19. Proceed as with fries and drain on stainless steel screen, grid or sieve.
20. To serve the accompaniment serve the fish with chips and lemon wedges.
21. Can also be served with gorgonzola sauce, curry sauce, strong mustard sauce and saffron mayonnaise pickle sauce.
22. Sauces and sauces are a very valuable upgrade on your plate.

FISH AND CHIPS THIRD VERSION



Ingredients (serves 6 people):

Fish

800 g fresh cod fillet or other boneless whitefish

Salt to taste

Black pepper to taste

1 and 1/2 lemon juice

Vegetable oil to fry as needed

700 g thinly sliced peeled red potato

Bread Dough

3/4 cup wheat flour

1/2 tsp salt

1 cup cold water

3 egg whites

1 pinch cream of tartar

Tartar Sauce

1/2 cup mayonnaise

4 tbsp sour cream

1 tbsp mustard

2 pickles chopped cucumber

3 tbsp chopped green olives

1 tbsp chopped parsley

1 chopped boiled egg

Salt to taste

Black pepper to taste

1 and 1/2 lemon juice

Preparation:

1. Season the fish in large strips with pepper, salt and lemon juice.
2. For tartar sauce in a bowl mix mayonnaise with sour cream, mustard, cucumber, olive, parsley and egg.
3. Season with salt, pepper and lemon juice and keep in the refrigerator.
4. Mix wheat flour and salt with cold water until smooth.
5. Set aside and let rest for at least 30 minutes.
6. Just before you are ready to fry, beat 3 egg whites with a pinch of cream of tartar until they form medium peaks.
7. Gently fold the whites into the wheat flour-water mix.
8. Use immediately.
9. Pass the fish pieces into the mixture and let the excess drain.
10. Fry in hot oil until golden brown and drain over paper towels.
11. Fry the sliced potato in hot oil until golden brown and drain on paper towels.
- 12.. Place fish and potato on a platter.
13. Serve with tartar sauce.

FISH AND CHIPS FOURTH VERSION



Ingredients (serves 6 people):

Fish

800 g fresh cod fillet or other boneless whitefish

Salt to taste

Black pepper to taste

1 and 1/2 lemon juice

700 g thinly sliced peeled red potato

Vegetable oil to fry as needed

Bread Dough

2 egg yolks

150 g corn flour

150 g wheat flour

300 ml sparkling ice-cold water

3/4 cup wheat flour

1/2 tsp salt

Tartar Sauce

1/2 cup mayonnaise

4 tbsp sour cream

1 tbsp mustard

2 pickles of chopped cucumber

3 tbsp chopped green olives

1 tablespoon chopped parsley

1 chopped boiled egg

Salt to taste

Black pepper to taste

1 and 1/2 lemon juice

Preparation:

1. Season the fish in large strips with pepper, salt and lemon juice.
2. For tartar sauce in a bowl mix mayonnaise with sour cream, mustard, cucumber, olive, parsley and egg.
3. Season with salt, pepper and lemon juice and keep in the refrigerator.
4. Beat the egg yolks and icy cold water together until light and fluffy.
5. Add the wheat flour and corn flour to the egg mixture and mix together quickly.
7. Do not over-beat mixture
8. Pass the fish pieces into the mixture and let the excess drain.
9. Fry in hot oil until golden brown and drain over paper towels.
10. Fry the sliced potato in hot oil until golden brown and drain on paper towels.
11. Place fish and potato on a platter.
11. Serve with tartar sauce.