



 **62%**  
HEALTH SCORE

## Beer Batter Fish and Spicy Chips with Lemon-Habanero Tartar Sauce and Serrano Vinegar

 Dairy Free  Very Healthy

READY IN



595 min.

SERVINGS



4

CALORIES



1635 kcal

SIDE DISH

### Ingredients

- 1 tablespoon ancho chili powder
- 2 fillet anchovy chopped
- 1 teaspoon chili de arbol powder
- 4 large baking potatoes
- 2 cups beer
- 4 servings canola oil for frying
- 2 tablespoons capers

- 4 servings cilantro leaves chopped
- 3 pounds cod cut into 6-ounce pieces
- 3 large egg whites beaten
- 2 cups flour all-purpose for dredging
- 0.5 habanero chopped
- 2 tablespoons kosher salt
- 3 cups juice of lemon
- 1.5 cups mayonnaise prepared
- 4 servings vegetable oil; peanut oil preferred
- 1 tablespoon salt
- 4 servings salt and pepper black freshly ground
- 8 serrano chiles with a fork
- 2 cups citrus champagne vinegar
- 6 cornichon diced finely
- 6 cornichon diced finely

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- whisk
- pot
- slotted spoon

## Directions

- Whisk together the salt, ancho and chili de arbol powders in a bowl. Set aside.
- Cut potatoes into 1/4-inch thick slices then cut each slice into 1/4-inch thick fries.
- Place fries in a large bowl of cold water.
- Heat oil in a large, straight sided skillet to 325 degrees F.
- Drain fries in batches on paper towels. Fry each batch for 3 to 4 minutes until a pale blonde color forms and remove to a sheet pan lined with paper towels.
- Just before serving, increase the heat of the oil to 375 degrees F and fry the potatoes again, in batches, until golden brown.
- Remove to a sheet pan lined with paper towels and season with the spices and chopped cilantro.
- Preheat a deep-fryer or a deep pot filled halfway with oil to 360 degrees F.
- Whisk together the flour, 1 teaspoon salt, 1/2 teaspoon pepper and beer in a large bowl. Set aside for 10 minutes. Fold in the egg whites.
- Preheat oven to 300 degrees F. Season the fish with salt and pepper, dredge in flour, tap off excess then dip the fish in the batter and fry in batches until golden brown on both sides.
- Remove with a slotted spoon to a plate lined with paper towels.
- Transfer to a baking sheet and keep warm in the oven.
- Serve with, Chips, Lemon-Habanero Tartar Sauce and Serrano Vinegar.
- Bring the lemon juice to a boil over high heat in a small saucepan and cook until reduced to 1/2 cup.
- Let cool.
- Combine cooled lemon juice, mayonnaise, anchovy and habanero in a food processor and process until combined. Scrape the mixture into a medium bowl and fold in the cornichon and capers and season with salt and pepper. Cover and refrigerate for at least 1 hour before serving.
- Bring vinegar to a simmer in small saucepan.
- Add the chiles and salt, remove from the heat and transfer to a glass bottle or jar.
- Let sit at room temperature for at least 8 hours.

## Nutrition Facts



■ PROTEIN **19.04%** ■ FAT **46.99%** ■ CARBS **33.97%**

## Properties

Glycemic Index:96.56, Glycemic Load:88.94, Inflammation Score:-10, Nutrition Score:58.883043537969%

## Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 8.93mg, Eriodictyol: 8.93mg, Eriodictyol: 8.93mg, Eriodictyol: 8.93mg Hesperetin: 26.48mg, Hesperetin: 26.48mg, Hesperetin: 26.48mg, Hesperetin: 26.48mg Naringenin: 2.53mg, Naringenin: 2.53mg, Naringenin: 2.53mg, Naringenin: 2.53mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 6.21mg, Kaempferol: 6.21mg, Kaempferol: 6.21mg, Kaempferol: 6.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg Gallic acid: 0.09mg, Gallic acid: 0.09mg, Gallic acid: 0.09mg, Gallic acid: 0.09mg

## Nutrients (% of daily need)

Calories: 1634.83kcal (81.74%), Fat: 83.1g (127.85%), Saturated Fat: 13.08g (81.74%), Carbohydrates: 135.2g (45.07%), Net Carbohydrates: 126.5g (46%), Sugar: 8.92g (9.91%), Cholesterol: 220.18mg (73.39%), Sodium: 6715.38mg (291.97%), Alcohol: 4.6g (100%), Alcohol %: 0.43% (100%), Protein: 75.75g (151.51%), Selenium: 119.85µg (171.21%), Vitamin K: 152.68µg (145.41%), Vitamin B6: 2.53mg (126.3%), Vitamin C: 100.24mg (121.5%), Phosphorus: 1122.15mg (112.21%), Vitamin B12: 6.38µg (106.41%), Vitamin B3: 20.6mg (102.98%), Potassium: 3017.52mg (86.21%), Folate: 261.14µg (65.29%), Vitamin B1: 0.94mg (62.39%), Manganese: 1.24mg (61.9%), Vitamin E: 8.27mg (55.11%), Magnesium: 205.93mg (51.48%), Vitamin B2: 0.86mg (50.67%), Iron: 8.28mg (46.02%), Fiber: 8.7g (34.81%), Copper: 0.68mg (33.75%), Vitamin B5: 3.31mg (33.07%), Vitamin A: 1320.73IU (26.41%), Zinc: 3.07mg (20.44%), Calcium: 143.03mg (14.3%), Vitamin D: 1.87µg (12.46%)