

food
network



HEALTH SCORE

62%

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



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1574 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon ancho chile powder
- ☐ 2 fillet anchovy minced
- ☐ 1 teaspoon chile de arbol powder
- ☐ 4 large baking potatoes such as russets, 3 pounds, peeled and cut into matchstick slices 1/
- ☐ 2 cups beer
- ☐ 4 servings canola oil for frying
- ☐ 2 tablespoons capers drained

- ☐ 4 servings cilantro leaves chopped
- ☐ 3 pounds cod cut into 3-ounce pieces
- ☐ 6 cornichons minced
- ☐ 3 eggs
- ☐ 2 cups flour all-purpose for dredging
- ☐ 0.5 teaspoon ground pepper black plus more for seasoning
- ☐ 0.5 habanero pepper minced
- ☐ 2 tablespoons kosher salt
- ☐ 3 cups juice of lemon freshly squeezed
- ☐ 1.5 cups mayonnaise
- ☐ 4 servings vegetable oil; peanut oil preferred for frying
- ☐ 1 tablespoon salt
- ☐ 1 teaspoon salt plus more for seasoning
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 8 serrano chiles with a fork
- ☐ 2 cups citrus champagne vinegar

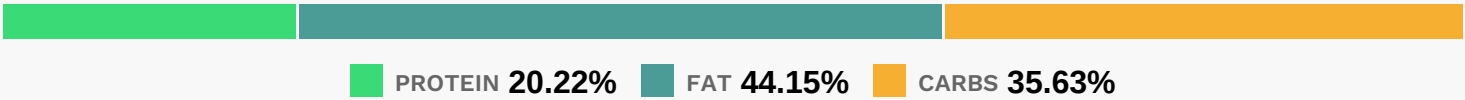
Equipment

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

Directions

- ☐ Preheat a deep-fryer or a deep pot filled halfway with oil to 375 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 eggs. Batter should be thin.
- ☐ Preheat oven to 300 degrees F.
- ☐ Season the fish with salt and pepper. Dredge fish in the additional flour, tap off the excess, and then dip the fish in the batter to coat. 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 Serrano Vinegar drizzled over top, Spicy Chips on the side, and Lemon-Habanero Tartar Sauce for dipping.
- ☐ 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. Strain.
- ☐ Place the potato slices in a bowl of cold water.
- ☐ Let stand 15 minutes.
- ☐ Drain, rinse under cold water, and drain again. Pat dry with paper towels.
- ☐ Heat enough oil to come 4 inches up the sides of a large deep saucepan to 370 degrees F.
- ☐ Mix together the salt, ancho powder, and chile de arbol powder together in a bowl.
- ☐ Add the potatoes to the hot oil in batches and cook until golden brown, about 4 minutes.
- ☐ Remove from the pan with a slotted spoon, drain on paper towels, and immediately season each batch with some of the spice mixture and some of the chopped cilantro.
- ☐ Serve hot.
- ☐ 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 about 2 tablespoons of the cooled reduced lemon juice, mayonnaise, anchovies, habanero, cornichons, and capers in a medium bowl. Season with salt and pepper, to taste.
- ☐ Add more lemon juice, to taste, if desired. Cover and refrigerate for at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:105.81, Glycemic Load:88.99, Inflammation Score:-10, Nutrition Score:60.493044065393%

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 Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 1574.2kcal (78.71%), Fat: 75.06g (115.48%), Saturated Fat: 12.24g (76.51%), Carbohydrates: 136.3g (45.43%), Net Carbohydrates: 127g (46.18%), Sugar: 8.93g (9.92%), Cholesterol: 342.94mg (114.31%), Sodium: 6739.63mg (293.03%), Alcohol: 4.6g (100%), Alcohol %: 0.42% (100%), Protein: 77.36g (154.71%), Selenium: 125.1µg (178.71%), Vitamin K: 161.48µg (153.79%), Vitamin B6: 2.59mg (129.73%), Vitamin C: 100.28mg (121.55%), Phosphorus: 1186.2mg (118.62%), Vitamin B12: 6.66µg (110.93%), Vitamin B3: 20.65mg (103.27%), Potassium: 3041.91mg (86.91%), Folate: 278.64µg (69.66%), Manganese: 1.34mg (66.91%), Vitamin B1: 0.95mg (63.37%), Vitamin B2: 0.91mg (53.57%), Magnesium: 210.98mg (52.74%), Iron: 9.32mg (51.79%), Vitamin E: 7.08mg (47.22%), Vitamin B5: 3.78mg (37.81%), Fiber: 9.31g (37.23%), Copper: 0.71mg (35.27%), Vitamin A: 1524.12IU (30.48%), Zinc: 3.52mg (23.46%), Calcium: 180.56mg (18.06%), Vitamin D: 2.53µg (16.86%)