



Beer-Battered Cod with Tartar Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1146 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beer
- ☐ 1 tablespoon capers chopped
- ☐ 2 pounds filets cut into approximately 1 1/2-by-3-inch pieces
- ☐ 1 quart cooking oil for frying
- ☐ 1 tablespoon dijon mustard
- ☐ 1 eggs beaten
- ☐ 1 cup flour
- ☐ 2 tablespoons parsley fresh chopped

- ☐ 2 tablespoons dilled gherkins chopped
- ☐ 4 servings fresh-ground pepper black
- ☐ 1.5 teaspoons juice of lemon
- ☐ 1 cup mayonnaise
- ☐ 4 servings salt
- ☐ 1 scallion including top green chopped

Equipment

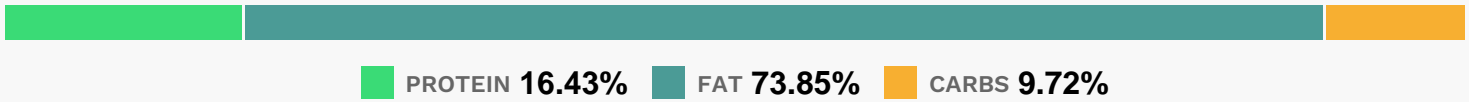
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ tongs

Directions

- ☐ In a medium bowl, combine the mayonnaise, mustard, scallion, lemon juice, gherkins, capers, parsley, and a pinch each of salt and pepper.
- ☐ Heat the oven to 20
- ☐ Cover a baking sheet with paper towels and top with a rack.
- ☐ In a medium pot, heat 3 inches of oil to approximately 36
- ☐ Meanwhile, in a medium bowl, combine the flour with 1/2 teaspoon salt.
- ☐ Whisk in the egg.
- ☐ Add the beer slowly, whisking.
- ☐ Dip the pieces of cod, a few at a time, in the batter, and then put them in the oil. Cook until the fish is done and the crust is light brown, about 4 minutes for 3/4-inch thick fillets.
- ☐ Remove the fish with tongs and put the pieces on the rack to drain.

- ☐
- Sprinkle salt over the hot fish and put the baking sheet in the oven. Repeat in batches with the remaining fish.
- ☐
- Serve with the tartar sauce.
- ☐
- The Cod Clan
- ☐
- Atlantic pollack, haddock, and hake are among the members of the extensive cod family. Although these fish vary slightly in terms of texture and flavor, one can generally be substituted for another. Small cod are often called scrod and can certainly be used here.
- ☐
- Wine Recommendation: Beer is a natural choice to drink with fried fish. If you opt to drink wine, look for one that will mimic beer's palate-cleansing qualities. Try a reasonably priced sparkling wine or an acidic white such as a pinot grigio from Italy.

Nutrition Facts



Properties

Glycemic Index:73.38, Glycemic Load:18.35, Inflammation Score:-8, Nutrition Score:28.864347831063%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 3.18mg, Kaempferol: 3.18mg, Kaempferol: 3.18mg, Kaempferol: 3.18mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg

Nutrients (% of daily need)

Calories: 1145.81kcal (57.29%), Fat: 92.27g (141.95%), Saturated Fat: 10.75g (67.18%), Carbohydrates: 27.34g (9.11%), Net Carbohydrates: 26.01g (9.46%), Sugar: 0.72g (0.8%), Cholesterol: 161.96mg (53.99%), Sodium: 878.05mg (38.18%), Alcohol: 2.3g (100%), Alcohol %: 0.45% (100%), Protein: 46.18g (92.36%), Vitamin K: 168.57µg (160.54%), Selenium: 92.01µg (131.44%), Vitamin E: 11.78mg (78.51%), Phosphorus: 543.81mg (54.38%), Vitamin B12: 2.24µg (37.35%), Vitamin B3: 6.91mg (34.57%), Vitamin B6: 0.63mg (31.41%), Potassium: 1043.2mg (29.81%), Vitamin B1: 0.44mg (29.47%), Vitamin B2: 0.39mg (22.84%), Folate: 90.72µg (22.68%), Magnesium: 89.51mg (22.38%), Iron: 2.94mg (16.32%), Vitamin D: 2.37µg (15.82%), Manganese: 0.3mg (14.92%), Zinc: 1.54mg (10.26%), Vitamin A: 405.11IU (8.1%), Vitamin B5: 0.8mg (8.02%), Vitamin C: 6.39mg (7.75%), Copper: 0.15mg (7.69%), Calcium: 62.73mg (6.27%), Fiber: 1.33g (5.33%)