



Beer Battered Codwich Sliders

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



1760 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 12 ounce beer good Irish stout preferred
- ☐ 2 tablespoons capers drained chopped
- ☐ 1 pound cod fillet cut into pieces the length of the buns
- ☐ 2 tablespoons dijon mustard
- ☐ 1 eggs lightly beaten
- ☐ 1 medium bulb fennel trimmed thinly sliced for garnish
- ☐ 2 cups flour

- ☐ 0.3 cup parsley leaves fresh chopped
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons juice of lemon fresh from 1 lemon
- ☐ 1 cup mayo
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 6 cups vegetable oil; peanut oil preferred for frying
- ☐ 2 tablespoons relish
- ☐ 1.5 cups cabbage red sliced thin
- ☐ 8 parker house rolls toasted
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons citrus champagne vinegar
- ☐ 0.5 teaspoon worcestershire sauce

Equipment

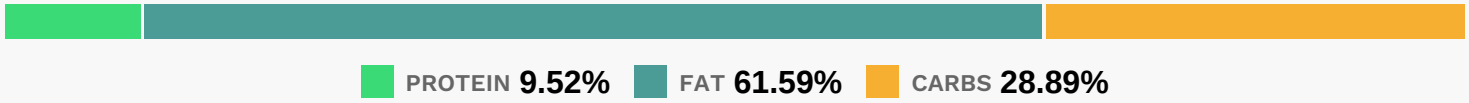
- ☐ bowl
- ☐ whisk
- ☐ dutch oven
- ☐ deep fryer

Directions

- ☐ Watch how to make this recipe.
- ☐ Mix the mayo, capers, relish, lemon juice, vinegar and Worcestershire sauce in a bowl. Season with salt and pepper, cover and refrigerate for 15 minutes marry the flavors.
- ☐ Mix the red cabbage, parsley and fennel in a large bowl.
- ☐ Whisk the lemon juice and mustard in a small bowl; whisk in the oil until the dressing is smooth. Toss with the fennel mixture and season with salt and pepper. Slaw can be stored in an airtight container and refrigerated up to 2 days.
- ☐ Heat the oil to 375 degrees F in a heavy-bottomed Dutch oven or deep fryer.

- ☐ Whisk 2 cups flour, baking powder and salt into a bowl.
- ☐ Add the beer and egg and mix until combined.
- ☐ Sprinkle the fish with salt and pepper. Dredge the fish in the remaining 1/2 cup flour, shake off any excess, then dunk into the batter mixture, letting the excess drip off. Fry the fish in the hot oil until golden brown and crispy, 4 to 5 minutes.
- ☐ Place the hot, fried fish on the rolls. Then top with the slaw and slather the top bun in the tartar sauce.
- ☐ Garnish with a fennel frond. Grab with both hands and bite hard.

Nutrition Facts



Properties

Glycemic Index:115.75, Glycemic Load:82.58, Inflammation Score:-9, Nutrition Score:36.86217374387%

Flavonoids

Cyanidin: 70.03mg, Cyanidin: 70.03mg, Cyanidin: 70.03mg, Cyanidin: 70.03mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 1.18mg, Eriodictyol: 1.18mg, Eriodictyol: 1.18mg, Eriodictyol: 1.18mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg

Nutrients (% of daily need)

Calories: 1760.34kcal (88.02%), Fat: 119.46g (183.79%), Saturated Fat: 18.94g (118.38%), Carbohydrates: 126.08g (42.03%), Net Carbohydrates: 119g (43.27%), Sugar: 13.28g (14.76%), Cholesterol: 113.2mg (37.73%), Sodium: 1596.84mg (69.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.54g (83.08%), Vitamin K: 207.57µg (197.69%), Iron: 26.38mg (146.53%), Selenium: 66.62µg (95.17%), Vitamin E: 14.15mg (94.34%), Vitamin C: 36.9mg (44.73%), Vitamin B1: 0.64mg (42.56%), Phosphorus: 407.74mg (40.77%), Folate: 161.63µg (40.41%), Manganese: 0.7mg (35%), Vitamin B3: 6.72mg (33.61%), Vitamin B2: 0.51mg (29.71%), Fiber: 7.08g (28.32%), Potassium: 944.29mg (26.98%), Vitamin B6: 0.44mg (22.09%), Vitamin B12: 1.2µg (19.95%), Magnesium: 76.71mg (19.18%), Vitamin A: 933.1IU (18.66%), Calcium: 167.43mg (16.74%), Copper: 0.22mg (11.09%), Zinc: 1.5mg (9.98%), Vitamin B5: 0.95mg (9.52%), Vitamin D: 1.35µg (9.02%)