



California Fish and Chips

 Dairy Free  Very Healthy

READY IN



100 min.

SERVINGS



6

CALORIES



4134 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup avocado ripe
- 1 quart egg wash mixed whole well (equal parts eggs and milk,)
- 2 cups flour all-purpose
- 2 tablespoons cilantro leaves fresh chopped
- 3 pounds halibut white firm cut in 5 to 6 servings
- 1 tablespoon juice of lemon
- 6 lemons halves for serving
- 2 cups panko breadcrumbs

- 0.5 tablespoon salt
- 6 servings salt and pepper black freshly ground
- 1 teaspoon sriracha
- 2 tablespoons tomatoes diced finely
- 0.5 gallon vegetable oil
- 2 quarts vegetable oil for frying
- 6 medium each

Equipment

- bowl
- paper towels
- baking pan
- wooden spoon
- deep fryer

Directions

- Pour enough oil to fill a deep-fryer about a third of the way.
- Heat the oil to 350 degrees F. Pat the fish dry with paper towels.
- Sprinkle the fish with salt and pepper. Dip the fish in flour and tap off the excess flour. Then dip the fish into the egg wash and then the breadcrumbs, ensuring to coat evenly. Repeat the process with each fillet, then carefully drop the coated fish in the fryer. Cook the fish in batches until golden brown on both sides, 6 to 7 minutes.
- Remove from the fryer and place on paper towels to drain excess oil.
- Serve lemons on the side.
- Serve with choice of Chips and Guacamole.
- Wash, rinse and dry the potatoes. Then slice to width of 1/2-inch planks, end to end. Repeat the process by cutting lengthwise, to yield 1/2-inch by 1/2-inch, full length fries.
- Cut all the potatoes, cold water rinse and dry over paper towels.
- Heat the oil to 350 degrees F in a deep fryer.
- Next blanch the fries until the exterior starts to brown, 2 to 3 minutes.

- Remove from the fryer and let air dry, then refrigerate on baking pans. Fries need to cool 1 one hour in cooler before stacking in storage pans.
- Return the oil to 350 degrees. Drop 10 fries per order, cooking until crisp golden brown, 3 to 4 minutes.
- Remove the basket, allow any excess oil to drip, then season with salt and pepper.
- In a bowl, with a wooden spoon, mash the avocado and lemon juice until smooth.
- Add the cilantro, tomatoes, salt and Sriracha.
- Serve immediately or refrigerate until serving.

Nutrition Facts

PROTEIN 7.18%

FAT 83.44%

CARBS 9.38%

Properties

Glycemic Index:62.88, Glycemic Load:55.32, Inflammation Score:-10, Nutrition Score:62.552608241206%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 23.19mg, Eriodictyol: 23.19mg, Eriodictyol: 23.19mg, Eriodictyol: 23.19mg Hesperetin: 30.49mg, Hesperetin: 30.49mg, Hesperetin: 30.49mg, Hesperetin: 30.49mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 4134.32kcal (206.72%), Fat: 389.1g (598.61%), Saturated Fat: 62.27g (389.18%), Carbohydrates: 98.46g (32.82%), Net Carbohydrates: 88.87g (32.32%), Sugar: 6.32g (7.03%), Cholesterol: 697.87mg (232.62%), Sodium: 1139.33mg (49.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 75.35g (150.69%), Vitamin K: 684µg (651.43%), Selenium: 172.4µg (246.29%), Vitamin E: 33.71mg (224.72%), Vitamin B6: 2.45mg (122.28%), Phosphorus: 1074.64mg (107.46%), Vitamin B3: 21.45mg (107.26%), Vitamin D: 13.81µg (92.09%), Vitamin C: 74.06mg (89.77%), Vitamin B2: 1.2mg (70.7%), Potassium: 2463.87mg (70.4%), Vitamin B12: 3.97µg (66.14%), Folate: 262.33µg (65.58%), Vitamin B1: 0.93mg (62.3%), Iron: 8.75mg (48.6%), Manganese: 0.96mg (48.02%), Vitamin B5: 4.69mg (46.93%), Magnesium: 154.68mg (38.67%), Fiber: 9.59g (38.36%), Copper: 0.59mg (29.46%), Zinc: 4.29mg (28.59%), Vitamin A: 1117.89IU (22.36%), Calcium: 207.41mg (20.74%)