



Chips and Fish

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



8743 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 bottle brown beer cold
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 4 servings cornstarch for dredging
- ☐ 1.5 pounds firm-fleshed whitefish cut into 1-ounce strips tilapia, pollock, cod
- ☐ 2 cups flour
- ☐ 1 teaspoon kosher salt
- ☐ 4 servings kosher salt

- ☐ 1 Dash old bay seasoning
- ☐ 4 large russet potatoes
- ☐ 1 gallon safflower oil

Equipment

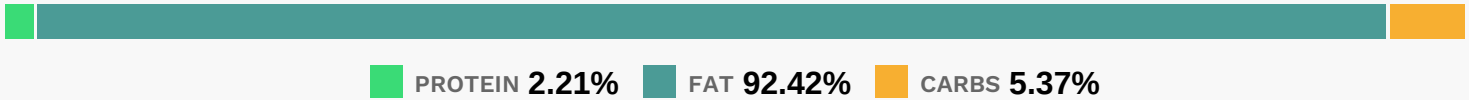
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat oven to 200 degrees F.
- ☐ Heat the safflower oil in a 5-quart Dutch oven over high heat until it reaches 320 degrees.
- ☐ Using a V-slicer with a wide blade, slice the potatoes with the skin on.
- ☐ Place in a large bowl with cold water.
- ☐ In a bowl, whisk together the flour, baking powder, salt, cayenne pepper, and Old Bay seasoning.
- ☐ Whisk in the beer until the batter is completely smooth and free of any lumps. Refrigerate for 15 minutes. Note: The batter can be made up to 1 hour ahead of time.
- ☐ Drain potatoes thoroughly, removing any excess water. When oil reaches 320 degrees, submerge the potatoes in the oil. Working in small batches, fry for 2 to 3 minutes until they are pale and floppy.
- ☐ Remove from oil, drain, and cool to room temperature.
- ☐ Increase the temperature of the oil to 375 degrees. Re-immerses fries and cook until crisp and golden brown, about 2 to 3 minutes.
- ☐ Remove and drain on roasting rack. Season with kosher salt while hot and hold in the oven.
- ☐ Allow oil to return to 350 degrees. Lightly dredge fish strips in cornstarch. Working in small batches, dip the fish into batter and immerse into hot oil. When the batter is set, turn the pieces of fish over and cook until golden brown, about 2 minutes.

- ☐ Drain the fish on the roasting rack.
- ☐ Serve with malt vinegar.

Nutrition Facts



Properties

Glycemic Index:81.06, Glycemic Load:88.94, Inflammation Score:-9, Nutrition Score:45.710435032845%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 8742.61kcal (437.13%), Fat: 910.82g (1401.27%), Saturated Fat: 69.58g (434.88%), Carbohydrates: 119.22g (39.74%), Net Carbohydrates: 112.68g (40.98%), Sugar: 2.47g (2.74%), Cholesterol: 85.05mg (28.35%), Sodium: 1204.84mg (52.38%), Alcohol: 3.32g (100%), Alcohol %: 0.26% (100%), Protein: 48.92g (97.84%), Vitamin E: 310.08mg (2067.2%), Selenium: 94.32µg (134.75%), Vitamin B6: 1.62mg (80.93%), Vitamin B3: 14.6mg (72.98%), Vitamin K: 73.91µg (70.39%), Phosphorus: 637.78mg (63.78%), Potassium: 2145.73mg (61.31%), Vitamin B1: 0.87mg (57.84%), Manganese: 1.08mg (54.12%), Folate: 212.13µg (53.03%), Vitamin B12: 2.7µg (45.08%), Iron: 7.4mg (41.13%), Magnesium: 150.75mg (37.69%), Vitamin D: 5.27µg (35.15%), Vitamin B2: 0.56mg (32.95%), Copper: 0.6mg (30.2%), Fiber: 6.54g (26.15%), Vitamin C: 21.13mg (25.61%), Calcium: 254.97mg (25.5%), Vitamin B5: 2.25mg (22.48%), Zinc: 2.08mg (13.89%), Vitamin A: 56.36IU (1.13%)