



Fish and Chips



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



1813 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 bottle beer cold
- ☐ 2 cups flour all-purpose
- ☐ 4 servings kosher salt
- ☐ 4 large russet potatoes peeled cut lengthwise into 1/4-inch wide sticks
- ☐ 2 teaspoons seafood seasoning recommended: Old Bay
- ☐ 3 quarts vegetable oil for frying

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ pot
- ☐ candy thermometer

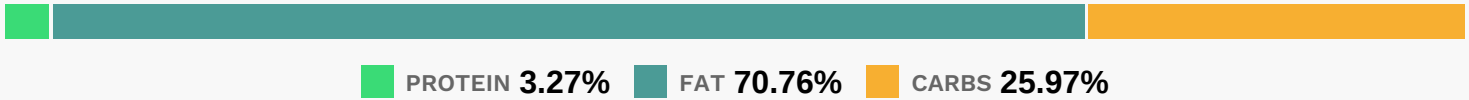
Directions

- ☐ pounds haddock fillets, skinned and cut diagonally into 1 1/2-inch wide strips, 5 to 6 inches long
- ☐ Heat the oil in a large deep, pot over medium heat. Bring the oil to 325 degrees F. Regulate the temperature with a candy thermometer. Keep the potato sticks in a bowl of water to prevent browning before frying.
- ☐ Remove to paper towels and dry well before placing in oil. Working in batches, fry the potatoes until they are cooked through and tender but have no color, about 4 to 5 minutes. Be sure the fries have plenty of room and gently swish them around as they are cooking.
- ☐ Remove them from the oil and put them immediately on a paper towel lined baking sheet.
- ☐ Preheat the oven to 300 degrees F and raise the temperature of the cooking oil to 375 degrees F.
- ☐ In a medium bowl, combine the flour, seafood seasoning, baking soda and pinch of salt. Make a well in the center of the flour mixture and gently stir in the cold beer.
- ☐ Mix until just combined. When the oil is preheated to the correct temperature, dip the fish fillets in the batter mixture. Coat the fish generously. When adding the fish to the oil, dip about 1/3 to 1/2 of the fillet into the oil and allow the batter to start puffing and then gently slide it into the oil. Fry the fish until they are golden brown and crispy, about 5 minutes turning the fish over during the cooking time. When the fish are done, remove from the oil and put immediately on paper towels to blot the excess oil. Arrange the fish on a baking sheet lined with a cooling rack. Hold the fish in the preheated oven until serving. Work in batches and be sure not to crowd the oil.
- ☐ Again, working in batches, fry the fries a second time at 375 degrees F, until they are golden brown and crispy.

- ☐
- Remove them from the oil, immediately put them on paper towels and toss with kosher salt.

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Nutrition Facts



Properties

Glycemic Index:50.06, Glycemic Load:88.17, Inflammation Score:-9, Nutrition Score:32.269130205331%

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: 1813.49kcal (90.67%), Fat: 142.94g (219.9%), Saturated Fat: 21.88g (136.72%), Carbohydrates: 118.05g (39.35%), Net Carbohydrates: 111.45g (40.53%), Sugar: 2.49g (2.76%), Cholesterol: 0mg (0%), Sodium: 490.76mg (21.34%), Alcohol: 3.32g (100%), Alcohol %: 0.34% (100%), Protein: 14.84g (29.68%), Vitamin K: 275.93µg (262.8%), Vitamin E: 11.7mg (78%), Vitamin B6: 1.35mg (67.64%), Manganese: 1.08mg (54.07%), Vitamin B1: 0.8mg (53.34%), Potassium: 1635.43mg (46.73%), Folate: 172.51µg (43.13%), Vitamin B3: 7.97mg (39.87%), Iron: 6.47mg (35.96%), Selenium: 23.25µg (33.21%), Phosphorus: 284.06mg (28.41%), Vitamin B2: 0.45mg (26.69%), Magnesium: 105.96mg (26.49%), Fiber: 6.6g (26.39%), Vitamin C: 21.15mg (25.64%), Copper: 0.48mg (24.15%), Vitamin B5: 1.42mg (14.19%), Zinc: 1.55mg (10.32%), Calcium: 70.82mg (7.08%)