



Fish and Chips

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



6857 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz beer cold (preferably ale)
- ☐ 1.5 lb filets (5 to 6 inches long)
- ☐ 2 cups flour all-purpose
- ☐ 4 servings malt vinegar
- ☐ 2.3 lb potato boiling
- ☐ 96 fl. oz. vegetable oil

Equipment

- ☐ bowl

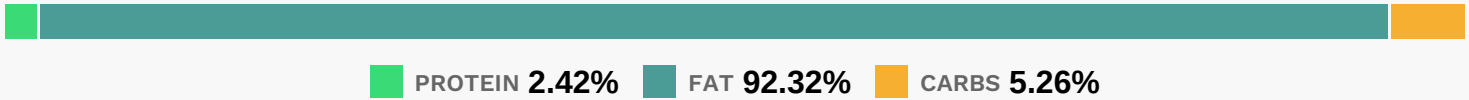
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Peel potatoes and halve lengthwise, then cut lengthwise into 1/2-inch-thick wedges, transferring as cut to a large bowl of ice and cold water. Chill 30 minutes.
- ☐ Heat oil in a deep 6-quart heavy pot over moderately high heat until it registers 325°F on thermometer. While oil is heating, drain potatoes and dry thoroughly with paper towels. Fry one third of potatoes, stirring gently, until edges are just golden, about 4 minutes.
- ☐ Transfer with a slotted spoon to fresh paper towels to drain. Fry remaining potatoes in 2 batches, returning oil to 325°F between batches.
- ☐ Remove oil from heat and reserve. Cool potatoes, about 25 minutes.
- ☐ Heat oil over moderately high heat until it registers 350°F. Put oven racks in upper and lower thirds of oven and preheat oven to 250°F.
- ☐ Fry potatoes again, in 3 batches, until deep golden brown and crisp, about 5 minutes per batch. Return oil to 350°F between batches.
- ☐ Transfer with slotted spoon to fresh paper towels as fried and drain briefly, then arrange in 1 layer in a shallow baking pan and keep warm in upper third of oven.
- ☐ Increase oil temperature to 375°F. Sift 1 1/2 cups flour into a bowl, then whisk in beer gently until just combined. Stir in 1/4 teaspoon salt.
- ☐ Pat fish dry.
- ☐ Sprinkle fish on both sides with 3/4 teaspoon salt and 1/4 teaspoon pepper, then dredge in remaining 1/2 cup flour, shaking off excess. Coat 4 pieces of fish in batter, 1 at a time, and slide into oil as coated. Fry coated fish, turning over frequently, until deep golden and cooked through, 4 to 5 minutes.

- ☐
- Transfer to a paper-towel-lined baking sheet and keep warm in lower third of oven, then fry remaining fish in batches of 4, returning oil to 375°F between batches.
- ☐
- Season fish and chips with salt.
- ☐
- Chips can be fried for the first time 3 hours ahead and kept, uncovered, at room temperature until refrying.

Nutrition Facts



Properties

Glycemic Index:41.38, Glycemic Load:35.73, Inflammation Score:-9, Nutrition Score:38.924347908601%

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: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 6856.62kcal (342.83%), Fat: 711.79g (1095.06%), Saturated Fat: 108.64g (679.01%), Carbohydrates: 91.28g (30.43%), Net Carbohydrates: 85.26g (31%), Sugar: 3.46g (3.85%), Cholesterol: 73.14mg (24.38%), Sodium: 142.53mg (6.2%), Alcohol: 3.32g (100%), Alcohol %: 0.33% (100%), Protein: 41.96g (83.93%), Vitamin K: 1312.86µg (1250.34%), Vitamin E: 59.2mg (394.69%), Selenium: 79.3µg (113.29%), Phosphorus: 580.54mg (58.05%), Potassium: 1953.35mg (55.81%), Vitamin B1: 0.83mg (55.39%), Vitamin B3: 10.57mg (52.84%), Vitamin B6: 0.92mg (45.86%), Folate: 177.31µg (44.33%), Manganese: 0.82mg (41.05%), Magnesium: 129.47mg (32.37%), Iron: 5.57mg (30.94%), Vitamin B2: 0.52mg (30.57%), Vitamin C: 23.64mg (28.66%), Vitamin B12: 1.56µg (26.08%), Copper: 0.48mg (24.2%), Fiber: 6.03g (24.1%), Zinc: 2.05mg (13.69%), Vitamin B5: 1.28mg (12.81%), Vitamin D: 1.53µg (10.21%), Calcium: 65.81mg (6.58%), Vitamin A: 85.9IU (1.72%)