



## Fish-and-Chips

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



636 kcal

SIDE DISH

### Ingredients

- ☐ 3 tablespoons double-acting baking powder
- ☐ 1 tablespoon pepper black freshly ground plus more for seasoning
- ☐ 6 fillet cod sliced
- ☐ 3 large eggs lightly beaten
- ☐ 6 cups flour all-purpose
- ☐ 1 tablespoon kosher salt plus more for seasoning
- ☐ 1 cups rice flour
- ☐ 6 large russet potatoes

- ☐ 36 ounce soda water   canned
- ☐ 12 servings vegetable oil   for deep-frying

## Equipment

- ☐ paper towels
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ slotted spoon

## Directions

- ☐ Peel the potatoes and cut them into strips that are 1/4 inch thick and 3 inches long.
- ☐ In a deep-sided pot, heat 3 inches of oil to 325°F. (Please remember to use caution when cooking with hot oil.)
- ☐ Put the potatoes in the oil. Fry until they have softened and become slightly browned but not crisp, 2 to 3 minutes.
- ☐ Remove the chips with a large slotted spoon and set them aside on paper towels.
- ☐ Increase heat until the oil reaches a temperature of 375°F. In a large mixing bowl, combine the all-purpose flour, baking powder, salt, pepper, and eggs.
- ☐ Pour in the soda water and whisk until the batter is smooth.
- ☐ Spread the rice flour on a separate plate. Dredge the fish pieces in it, then dip them into the batter, letting the excess drip off.
- ☐ Put the chips in the bottom of a fryer basket (or use a slotted spoon) and carefully submerge them in the hot oil. Carefully add the fish to the bubbling oil. Fry the fish-and-chips until crispy and brown, 4 to 5 minutes.
- ☐ Remove the basket and drain the fish-and-chips on paper towels; season lightly with the salt and pepper.
- ☐ Serve with the Aioli and Mignonette Dipping Sauce.

## Nutrition Facts



 PROTEIN **17.64%**  FAT **23.73%**  CARBS **58.63%**

Properties

Glycemic Index:29.31, Glycemic Load:68.6, Inflammation Score:-7, Nutrition Score:27.153043311575%

Nutrients (% of daily need)

Calories: 636.23kcal (31.81%), Fat: 16.72g (25.73%), Saturated Fat: 2.84g (17.76%), Carbohydrates: 92.96g (30.99%), Net Carbohydrates: 88.42g (32.15%), Sugar: 1.38g (1.53%), Cholesterol: 83.05mg (27.68%), Sodium: 991.46mg (43.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.96g (55.93%), Selenium: 55.94µg (79.92%), Vitamin B1: 0.73mg (48.7%), Manganese: 0.96mg (47.93%), Vitamin B6: 0.95mg (47.66%), Phosphorus: 445.86mg (44.59%), Vitamin B3: 7.71mg (38.57%), Folate: 152.65µg (38.16%), Potassium: 1223.74mg (34.96%), Iron: 5.47mg (30.39%), Vitamin K: 30.2µg (28.76%), Vitamin B2: 0.49mg (28.57%), Calcium: 238.4mg (23.84%), Magnesium: 92.08mg (23.02%), Fiber: 4.54g (18.15%), Copper: 0.34mg (17.13%), Vitamin B12: 0.88µg (14.75%), Vitamin C: 11.37mg (13.78%), Vitamin B5: 1.27mg (12.67%), Vitamin E: 1.9mg (12.64%), Zinc: 1.72mg (11.44%), Vitamin D: 1.01µg (6.77%), Vitamin A: 106.08IU (2.12%)