



## Fish and Chips with Malt Vinegar Mayonnaise

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



914 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.5 teaspoon pepper black freshly ground plus more
- 1 cup seltzer water chilled
- 1.5 pounds haddock cut into long, 1 1/2"-wide strips
- 1 cup flour all-purpose
- 1 large egg yolk
- 2 cups flour all-purpose

- 4 servings fries french (for serving)
- 1 teaspoon kosher salt plus more
- 12 ounces lager light chilled ()
- 4 servings lemon wedges (for serving)
- 1 tablespoon malt vinegar
- 4 servings old bay seasoning fresh chopped (such as Maldon)
- 4 cups vegetable oil for frying

## Equipment

- bowl
- baking sheet
- paper towels
- whisk
- pot
- kitchen thermometer

## Directions

- Whisk egg yolk and 1 tablespoon vinegar in a small bowl.
- Whisking constantly, slowly drizzle in oil, drop by drop at first, until mayonnaise is thickened and smooth.
- Add remaining 1 tablespoon vinegar; season with salt and pepper. Cover and chill.
- DO AHEAD: Mayonnaise can be made 1 day ahead. Keep chilled.
- Fit a large pot with thermometer; pour in oil to measure 3".
- Heat over medium-high heat until thermometer registers 375°F.
- Meanwhile, whisk all-purpose flour, baking powder, baking soda, 1 teaspoon kosher salt, and 1/2 teaspoon pepper in a large bowl.
- Whisking constantly, slowly add beer, club soda, and vinegar, adding more beer if batter is too thick (it should be the consistency of thin pancake batter).
- Place corn flour in a shallow bowl. Season fish with kosher salt and pepper. Dredge fish in corn flour, shaking off excess, then dip in batter, letting excess drip back into bowl. Working in

batches and returning oil to 375°F between batches, fry fish until golden brown and crisp, about 2 minutes per side.

- Transfer to paper towel-lined baking sheet.
- Season fish and fries with Old Bay, sea salt, and dill; serve with malt vinegar mayonnaise and lemon wedges.

## Nutrition Facts

**PROTEIN 17.54%** **FAT 47.56%** **CARBS 34.9%**

### Properties

Glycemic Index:120.33, Glycemic Load:53.7, Inflammation Score:-8, Nutrition Score:32.438695648442%

### 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 Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg

### Nutrients (% of daily need)

Calories: 914.24kcal (45.71%), Fat: 46.72g (71.88%), Saturated Fat: 7.47g (46.69%), Carbohydrates: 77.13g (25.71%), Net Carbohydrates: 74.24g (27%), Sugar: 0.37g (0.41%), Cholesterol: 137.75mg (45.92%), Sodium: 1454.6mg (63.24%), Alcohol: 3.32g (100%), Alcohol %: 0.65% (100%), Protein: 38.77g (77.54%), Selenium: 78.92µg (112.74%), Vitamin K: 97.18µg (92.55%), Vitamin B3: 11.78mg (58.89%), Phosphorus: 564.58mg (56.46%), Vitamin B12: 3.21µg (53.54%), Vitamin B1: 0.79mg (52.56%), Folate: 206.41µg (51.6%), Manganese: 0.84mg (42.17%), Vitamin B2: 0.61mg (35.8%), Iron: 5.76mg (32.02%), Vitamin E: 4.53mg (30.19%), Vitamin B6: 0.6mg (30.15%), Calcium: 184.11mg (18.41%), Potassium: 638.85mg (18.25%), Magnesium: 68.01mg (17%), Vitamin B5: 1.27mg (12.69%), Fiber: 2.9g (11.59%), Copper: 0.2mg (10.18%), Zinc: 1.44mg (9.58%), Vitamin D: 1.08µg (7.2%), Vitamin A: 212.47IU (4.25%), Vitamin C: 0.83mg (1.01%)