

### 3) Fish and Chips (4 servings)

#### Ingredients:

- For the chips:  
2 liters vegetable oil  
950 grams floury potatoes,  
cut into slices
- For the batter:  
1 cup plain flour  
1 cup beer  
2 egg whites, whipped to soft peaks  
Salt  
4 x 250 gram fillets haddock  
or cod, skin on, and pin boned



Prep:15min › Cook:8min › Ready in:23min

1. Pour all the vegetable oil into a deep pan or deep fat fryer, and heat to 300 160 degrees C . Blanch the cut potatoes in the oil until soft, but not colored, about 4 minutes. Remove and drain.

2. Mix together the flour and the beer, then fold in the egg whites. Turn up the heat of the oil to 180 degrees C. Dip the fish in the batter and fry for a few minutes with the chips until golden brown.

3. Drain on kitchen paper and serve with bread and butter, wally's (battered, deep fried pickles served with ranch dressing), and pickled eggs

Quelle: 1) <http://www.foodnetwork.com/recipes/jamie-oliver/fish-and-chips-recipe.html>  
Stand:13.07.15  
2) <http://chipahoy.yolasite.com/> Stand: 13.07.15