

Fish & Chips



About this Dish

The history of this classic British dish is still debated today. Fried fish, or “pescado frito,” is thought to have originated in Portugal and brought to England by Jewish immigrants. The origin of chips is less clear: France and Belgium both take credit for first frying potatoes, but we know that they arrived in England around the 18th century. Fast forward to 1860, when the first fish and chips shops opened in London, combining these two delicious foods. Now, roughly 382 million baskets of fish and chips are sold every year in the UK!

Ingredients

- 4 large potatoes, peeled and cut into strips
- 1 cup all purpose flour
- 1 tsp baking powder
- 1 tsp ground black pepper
- 1 cup milk
- 1 egg
- 1 quart vegetable oil
- 1 1/2 lbs cod fillets

Total time: 55 minutes

Serves: 4

Try this!

- Pair with malt vinegar, lemon, or tartar sauce
- Substitute egg and milk with beer for a traditional batter
- Freeze batter and refrigerate fish and potatoes for about 20 minutes before frying
- Keep fried pieces in oven at 200 to prevent sogginess



1 PREP POTATOES

Place **potatoes** in a medium bowl and cover with cold water.



2 PREP BATTER

Mix together **flour**, **baking powder**, **salt**, and **pepper** in a separate medium bowl. Add **milk** and **egg**; stir until batter is smooth. Let stand for 20 minutes.



3 HEAT OIL

Heat **oil** in a large pot or electric skillet to **350°F** (175°C).



4 FRY CHIPS

Drain and pat dry **potatoes**. Fry in hot oil until tender, about 5 minutes. Drain on paper towels.



5 FRY FISH

Dredge **fish** in **batter**, one piece at a time, and place in hot oil. Fry until golden brown or internal temp. reaches **145°F** (63°C). Drain on paper towels. Monitor oil temp. to maintain **350°F** (175°C).



6 FINISH AND SERVE

Fry **potatoes** again in hot oil until crisp, 1-2 minutes. Drain on paper towels. Serve with warm fish.