



ROCK STAR FISH + CHIPS

Thousands of kilometers to the North our Japanese counterparts are treating good fish with respect – they are making tempura! Snowy shows us how to do it at home.

Fish of your choice, cut into pieces
250mL (1 cup) Ice water
175g Rice Flour.
Rice flour, for dusting.
1 Egg White

800g of floury potato, such as russet (Idaho) or Sebago.
Sea salt, to season.
Vegetable oil for deep frying.

To make the batter put the ice water, egg white and flour into a bowl and mix together with chopsticks. Don't worry if there are any lumps. The colder the batter is, the crispier the end result will be once fried – so it's best to work quickly once you have prepared the batter & deep fry immediately.

Dip your fish into the flour. Dust off the excess and pop the fish straight into the ice batter.

Let the excess drip off and deep fry. If you don't have a deep fryer- take a pot and fill it 1/3 full of oil so it doesn't overflow and heat to about 150oC - the Perfect home deep fryer!

Place your fish pieces in and cook for about 2 minutes each, or until golden. (The fish pieces will float when cooked) Remove the oil and drain on paper towels. Serve immediately.

You *have* to complete this dish with some Fat Cut chips.

For the chips you want a golden outside (we eat with our eyes!) and a soft inside. Cook the chips in batches for 8- 10 minutes or until golden. Remove the oil and drain on paper towels. Increase the heat so that the oil reaches a temperature of 180oC and return the chips to the pan for a further 3- 4 minutes or until brown and crisp on the outside. Remove from oil and drain on paper towels. Season with sea salt and black pepper.

Tempura fish and chips – wait until you experience the crunch. Wow!

Tip: Be careful when deep frying the chips as water from the potatoes causes the oil to rise as the potatoes are added.



Recipe by Steven Snow www.fins.com.au