

Crispy Battered Fish



Preparation time takes 40 minutes

Cooking time is 6 minutes per fish, at 170oC deep fat fryer

The recipe makes 4 servings

Ingredients

110g of Glutafin Gluten Free Select Multipurpose White Mix

1 tsp yeast (enclosed in the Mix)

1 tbsp vegetable oil

125ml of Gluten Free Beer or sparkling water

Fish

4 chunky cod fillets

1 tbsp Gluten Free Select Multipurpose White Mix for dusting

2 - 3 litres of sunflower oil for deep fat frying

Method

1. To prepare the batter, place the Mix and the yeast in a large mixing bowl and stir together with a fork.
2. Add the oil and the Gluten Free Beer or sparkling water to the bowl and mix with the fork into a smooth runny batter, then set aside for 30 minutes until frothy.
3. When ready to cook the fish, preheat a deep fat fryer or a pan of hot oil to 170oC.
4. Dust the fish fillets with the Mix and immerse one at a time in the batter., using tongs place the fish carefully into the deep fat fryer/or pan. If using a deep fat fryer first remove the basket as often the batter will stick to it.
5. Now cook for 5 to 6 minutes until the batter is puffed and golden.
6. Remove the cooked fish with a slotted spoon, let the fish on kitchen paper to absorb any excess oil.
7. Place the cooked fish in a warm oven until all the fish are cooked.
8. Then serve with gluten free oven chips.