



## Ingredients

FROM THE AMC BOOK

SERVES 6 - 8

1 extra large egg, lightly beaten  
140 g (250 ml) self-raising flour  
5 ml dried mustard powder  
200 ml beer, soda water or cold water  
1.2 - 1.5 kg fresh hake, cut into portions  
60 g (100 ml) cake flour  
Oil for deep-frying  
8 - 10 medium potatoes, peeled and cut into strips

## Method

- 1. Batter:** Whisk an egg in an AMC 24 cm Dome. Sieve self-raising flour, mustard and seasoning over the egg. Mix well and gradually whisk liquid until smooth, leave batter to stand for 15 minutes.
- 2.** Heat an AMC 24 cm Gourmet Dome Fry Pan over a medium heat until the Visiotherm® reaches the first red area.
- 3.** Dip the fish into flour, shake off excess and dip in batter. Pour a thin layer of oil in the frying pan and fry the portions for 7 - 10 minutes on each side, or until cooked and golden brown. Drain well and repeat with remaining fish.
- 4.** Meanwhile, heat an AMC 30 cm Gourmet Frying Pan or AMC Electric Frying Pan over a medium temperature, probe on 6, until the Visiotherm® reaches the first red area. Add oil. Allow a few minutes for the oil to heat up. (A chip should fry immediately and not sink to the bottom.)
- 5.** Fry chips in batches, until almost golden brown, spoon out with a slotted spoon and drain. Repeat with the rest of the chips and then fry the chips for a second time. (This will result in crispier chips.) Season to taste with salt and vinegar.
- 6.** Serve with lemon wedges and Tartare sauce.

# Fish & chips

*Good old fashioned fish and chips has to be one of the most iconic takeaways you can have. It's a simple meal to prepare at home too, that might induce nostalgic memories of summer holidays and the sea. Although it's not a healthy meal, we're thinking its ok to indulge a little every now and then.*

### TIPS & VARIATIONS:

- Frozen fillets can be used, allow to thaw for 30 minutes only.
- Use batter recipe for strips of meat, pork, chicken, calamari, prawns or vegetables.
- Substitute mustard with dried mixed herbs, dried dill, turmeric and fish masala or any herbs of your choice.