Famous Fish & Chips

Chose a good size fillet 60ml creamy lemon sauce (only on grilled)



Large Pan | Contains Fish - Gluten - Dairy - Egg

INGREDIENTS

- 200g Fish
- 200g Side

GRILLED

- 15g OB Dry Mix
- 20ml Rapeseed Oil

FRIED

- 15g OB Dry Mix
- 70g OB Batter Mix
- 70ml Rapeseed Oil

CAJUN

- 15g OB Dry Mix
- 20ml Rapeseed Oil
- 5g Cajun Spice

METHOD

1. Grilled:
2. Dust the hake with OB dry mix. Shake off any excess.
3. Grill the hake (skin side down) on the hot flat top.
4. Grill until the fish is firm and turns white. Approx 3 mins.
5. Grill for 3 minutes on the other side. Fried:
6. Dust the hake with OB dry mix. Shake off any excess.
7. Dip the hake into the prepared OB batter mix. Allow excess to drain off.
8. Fry the hake in the deep fryer and fry for approx 4 minutes.
9. Drain off excess oil. Cajun:
10. Dust the hake with OB dry mix and season with Cajun spice.
11. Grill the hake (skin side down) on the hot flat top. Grill until the fish turns firm and white. Approx 3 mins.
12. Grill for 3 minutes on the other side.

GARNISH

- 1 lemon wedge

EQUIPMENT

- Flat top grill
- Spatula
- Deep Fryer

NOTES

- Chose a good size fillet
- 60ml creamy lemon sauce
- (only on grilled)