

# Recipes

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AT HOME  
by Tefal

## Fish and Chips



Preparation time : **10 min**

Cooking time : **10 min**

### Ingredients

2L vegetable oil for frying  
Sea salt

**For the Fish:**  
4 fillet pieces of Haddock or Cod, skin on and pinboned

**For the Batter:**  
1 cup plain flour  
1 cup beer  
2 eggs separated, whites whisked and yolks in the batter

**For the Chips:**  
1kg floury potatoes, peeled and cut into large chips



1. Pour all the vegetable oil into a Tefal wok or deep fat fryer, heat to 150°C.
2. Blanch the cut potatoes in the oil for about 4 minutes or until soft, but not coloured.
3. Mix together the flour and beer. Stir in the yolks and then fold in the egg whites.
4. Turn up the heat to 180°C, then finish the chips by frying until golden brown.
5. Dip the fish in the batter and fry for a few minutes with the chips until golden brown.
6. Drain on kitchen paper, sprinkle with salt and serve with bread and butter!