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GF Fish n Chips



Ingredients

4 Large potatoes, halved
2lb. firm white fish, fillets
Salt and freshly ground black pepper
2oz. potato starch
3oz. tapioca flour
7oz. rice flour
2 cups crushed rice cereal
1 quart egg wash
6 lemon halves, for serving
1½ quarts vegetable oil, for frying

Preparation

- 1 Boil the potato halves in salted water for 10 minutes, until they begin to soften. Remove from the water and set aside.
- 2 In a Dutch oven or deep frying pan heat the oil. Rinse the fillets and pat dry with kitchen towels. Season it generously with salt and pepper. Combine the dry ingredients except the rice cereal in one bowl. Dip the fish into the flour mixture until it is well coated, then dip it in the egg (shake off any excess) and finally the crushed rice cereal. Ensure that the fish is well coated. Fry the fish until it is golden crisp on both sides. Drain any excess oil on kitchen roll.
- 3 Cut the potatoes into chips and deep fry until golden brown and crisp. Serve with the fish and lemon wedges on the side.

Cooks Note
