Classic British Fish and Chips

Total: 40 mins

Prep: 20 mins

Cook: 20 mins

Rest time for batter: 30 mins

Yield: 4 servings

Nutritional Guidelines (per serving)

479	3g	62g	47g
Calories	Fat	Carbs	Protein

(Nutrition information is calculated using an ingredient database and should be considered an estimate.)

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Classic fish and chips are a British institution and a national dish that everyone can't help but love. You can buy them from one of the thousands of fish and chip shops all over the country, including the world-famous Harry Ramsden's—or you can make them at home.

Use a thick white fish for this recipe; sustainable cod, haddock, or pollock are preferable. The fillets are dipped in a flour batter that includes both dark beer and sparkling water, and the carbonation ensures a light, crispy fried fish. The "chips" are simply freshly cut fried potatoes. Use one pot to fry the chips, then the fish, then the chips again (for that crisp exterior and fluffy interior) to ensure both fish and chips are ready to eat at the same time. Serve with a pint and bring the pub home.

Ingredients

For the Fish:

7 tablespoons/55 grams all-purpose flour (divided)

7 tablespoons/55 grams cornstarch

1 teaspoon baking powder

1 pinch sea salt (to taste)

1 pinch black pepper (to taste)

1/3 cup dark beer (cold)

1/3 cup sparkling water (cold)

4 (7-ounce) fish fillets (thick, white fish)

For the Chips:

2 pounds potatoes (peeled)

1 quart/1 liter vegetable oil (or lard; for frying)

Steps to Make It

01 Gather the ingredients.

02 Set aside 2 tablespoons of flour. In a large, roomy bowl, mix the remaining flour with the cornstarch and baking powder. Season lightly with a tiny pinch of salt and pepper.

03 Using a fork to whisk continuously, add the beer and the sparkling water to the flour mixture and continue mixing until you have a thick, smooth batter. Place the batter in the fridge to rest for between 30 minutes and 1 hour.

04 Meanwhile, cut the potatoes into 1-centimeter slices (a little less than 1/2 inch), then slice these into 1-centimeter-wide chips. Place the chips into a colander and rinse under cold running water.

05 Place the washed chips into a pan of cold water. Bring to a gentle boil and simmer for 3 to 4 minutes.

06 Drain carefully through a colander then dry with paper towels. Keep in the fridge covered with paper towels until needed.

07 Meanwhile, lay the fish fillets on a paper towel and pat dry. Season lightly with a little sea salt.

08 Heat the oil to 350 F in a deep-fat fryer or large, deep saucepan. Cook the chips a few handfuls at a time in the fat for about 2 minutes. Do not brown them. Once the chips are slightly cooked, remove them from the fat and drain. Keep to one side.

09 Place the 2 tablespoons of flour reserved from the batter mix into a shallow bowl. Toss each fish fillet in the flour and shake off any excess.

10 Dip into the batter, coating the entire fillet.

11 Check that the oil temperature is still 350 F. Carefully lower each fillet into the hot oil. Fry for approximately 8 minutes, or until the batter is crisp and golden, turning the fillets from time to time with a large slotted spoon.

12 Once cooked, remove the fillets from the hot oil and drain on paper towels. Sprinkle with salt. Cover with greaseproof paper (parchment paper) and keep hot.

13 Heat the oil to 400 F then cook the chips until golden and crisp, or about 5 minutes. Remove from the oil and drain. Season with salt.

14 Serve immediately with the hot fish accompanied by your favorite condiment.

Tips

- When making this classic version, be sure to use the freshest cod, pollock, or haddock you can find for the best results. Frozen fish is also fine, but make sure it is thoroughly defrosted and dried with paper towels first.
- Prepare the batter and only dip the fish at the last moment before plunging into hot oil to fry. This way you will always have a light and crisp snap to the batter.
- Use a floury potato for the chips. The best varieties are King Edward, Maris Piper, Sante, and Yukon Gold.

Why Is Simmering the Potatoes Important?

British "chips" are the same as French fries, and restaurants use a few tricks to make really good and crispy fries. The most important of those are blanching and double frying; the same method used in this recipe. Simmering and the cold water rinse leaves you with blanched potatoes that contain less moisture and will result in crispier fried chips.

Why Do Fish and Chips Get Soggy?

A few factors may result in soggy fish and chips. The first is that the fish and potatoes need to be dry. Removing moisture produces crispier fried food and reduces oil splatter. Oil temperature is also key: If it's too cool, the food needs to cook longer, will soak up more oil, and become soggy. You also don't want it too hot because that can lead to a burnt batter or undercooked fish and potatoes. When deep-frying in a pan, use a thermometer to monitor and maintain the oil temperature and avoid overcrowding the pan, which will lower it as well.

Helpful Links

- The Best Oils for Cooking Fish
- How Long Meat and Fish Last in the Freezer
- Tips and Methods on How to Freeze Fish
- How to Store Potatoes to Keep Them Fresh

Recipe Tags:

Potato	Fish And Chips	Dinner	British