

Fish & Chips with Malt Pickled Red Onions

Yields 4 servings

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American Culinary Federation
Harrisburg Chapter

Beer Battered Cod

1 ½ pounds of fresh cod or any other white fish

6-8 oz. light beer

1 cup all-purpose flour, divided

¼ cup cornstarch

1 tsp. salt

½ tsp. pepper

¼ tsp. garlic powder

¼ tsp. old bay

¼ tsp. paprika

Instructions

Cut fresh cod into 8 even pieces. Pat any excess moisture off of fish with a paper towel. In a bowl combine 1/2 cup of flour, cornstarch, salt, pepper, garlic powder, paprika, old bay. Whisk in 6-8 oz. of cold beer. It should be slightly thinner than pancake batter. Toss fish in remaining 1/2 cup of flour, then dip into beer batter, allow excess to drip off for a few seconds, then place carefully into 350°- 375°F oil. Fry no more than 3 pieces at a time so that the oil temperature dose not drop too quickly. Fry for 7 minutes, flipping half way through. Serve immediately while hot along with the fries. Serve with tartar sauce, lemon wedges and Malt Vinegar Pickled Onions.

French Fries

1 ½ pounds russet potatoes

oil for frying

Instructions

Cut potatoes into shoestring fries. Place in colander and rinse in cold water to remove some of the starch. Lay them out on a towel and pat dry. Heat oil on medium low to 200°F-250°F. Add in fries and let cook slowly for 12 minutes, maintaining a 200-250° temperature in the oil. The potatoes will be soft and flexible. Scoop out fries and lay them out on a cookie sheet. Raise oil up to 375°F. Refry, this time in small batches 5-7 minutes each, so that the oil temperature stays around 350°-375°F. Remove them from the oil and sprinkle immediately with salt.

Malt Vinegar Pickled Onions

Yields 12 servings

2 Pounds Red Onions, thinly sliced

2 Tablespoons Salt

2 Cups Malt Vinegar

¾ Cup Granulated Sugar
4 Teaspoons Pickling Spice
2 Bay Leaves

Instructions

In a bowl, combine sliced onions and salt and mix until well combined. Set aside overnight. Rinse the onions under cold running water and pat dry with paper towels. Place the onions in a bowl. In a saucepan, combine vinegar, sugar, bay leaves and pickling spices over medium heat and simmer until heated but not boiling, stirring continuously. Pour vinegar mixture over the onions until submerged completely. Let sit overnight.