

# Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



## Proper British Battered Fish

to serve with Chips and Mushy peas

### Ingredients Serves 4



Oil – choose an oil with a high smoking point e.g Canola, safflower, sunflower, vegetable or beef dripping. Beef dripping will impart some flavour to the fish which some people love.

400g plain flour

3 tsp baking powder

550ml very cold carbonated water

4 pieces of meaty white fish, eg Hamour

### Method

First prepare your fish. Skin the fish if preferred using a fish filleting knife or a thin knife with a long blade. Rinse swiftly under a cold tap and dry very well with kitchen paper. Set aside.

Heat the oil in a deep fat fryer or chip pan to 185°C. Whisk the baking powder into the flour along with ½ tsp salt and then quickly whisk in the cold water until you have a thick paste. This needs to be done just before you cook the fish.

Position the bowl containing the batter next to the fryer or chip pan. Prepare a plate lined with kitchen paper. Hold the fish fillet by the tail and dip into the batter, let it drain for just a couple of seconds and then carefully lower the fish into the hot fat. Agitate the frying basket to prevent the fish sticking to it. This will help give the batter a delicious texture. Cook one to two pieces at a time, don't overcrowd the fryer or you will end up with the pieces sticking together plus it will lower the temperature of the fat which will affect the cooking.

Cook the fish for 4-6 minutes (depending on the size of the fish). Make sure you always keep a watchful eye on the pan. It should be ready when the batter is crisp and golden. Lift the basket out of the fat and drain the fish on the lined plate. Serve immediately or keep warm (uncovered) in the oven whilst you cook the rest.

Serve with chips, mushy peas, bread and butter and a mug of tea.

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## Twice cooked Potato Chips

### Ingredients

Potatoes

Choose large starchy "old" potatoes such as Desiree, Sabago, King Edward or Maris Piper (You will need 200g per person)

Oil for frying such as Canola, Safflower, Sunflower, Vegetable.

### Method

Peel your potatoes and cut into chips, about 1cm for thick cut chips. Rinse under cold water and drain.

Put the chips into a pan of salted water and boil gently for 3-4 minutes.

Drain and pat dry and set aside to cool completely. They can be placed in the fridge at this stage and kept for later.

Heat the fat in a deep fat fryer to 140°C. If you don't have a thermometer use a raw chip to test. If it floats, then the fat is ready. Add the chips and agitate the basket. Do not overcrowd the basket. It is best to cook them in small batches than overcrowd. Cook for about 5 minutes until cooked but not brown.

Remove, pat dry and set aside to cool. They can be placed in the fridge at this stage as well and kept for later.

When you are ready to cook, heat the oil to 180°C. To check add a partly cooked chip to test, once it is floating and golden the fat is ready. Add the chips and cook until golden and crispy.

Drain, season with salt and serve immediately.

## Mushy Peas

### Ingredients Serves 4

250g dried marrowfat peas

1 tsp bicarb of soda (some packets of peas include this in the pack)

Salt and pepper to taste

### Method

In a jug or bowl dissolve the bicarb of soda (or the tablet provided with the peas) in 850mls of boiling water. Stir now and again to help it dissolve. Make sure it is dissolved completely.

In a large bowl add the dried peas. Pour over the now slightly cooled boiled soda water. Leave the peas to soak overnight for at least 12-14 hours. You can leave them up to 48 hours but top up with cold water as necessary, the peas need to be covered with water.

When ready to use. Drain and rinse the peas thoroughly and put them into a medium sized saucepan. Cover the peas with cold water. Bring to the boil, reduce the heat and simmer for approximately 40 minutes stirring from time to time until the peas are cooked and have fallen to a softened mush but with a few broken, soft but cooked peas visible to add texture. If they appear too wet continue cooking to drive off the extra moisture, but take care to keep stirring to prevent them burning on the base of the pan.

Taste and season with salt and pepper. Can be frozen.