



Beer Battered Fish

with tartar sauce, minty-mushy-peas
and garniture

RECIPE BELOW IS PER PERSON

BEER BATTERED FISH

- Flour, AP x 1 litre
- Beer x 1 litre (2 pints) – Beer must be a lighter beer like a lager, pilsner. No stouts or IPA's!
- Sea salt, Kosher x 200 ml
- Fresh pepper x to taste (have peppermill ready)
- Ice cubes x 1 litre
- Vegetable oil x 3 litres (this sounds like a lot, but it will make sense when you're there) – Other oils you can use are grapeseed/canola/safflower/sunflower.
- Fish fillet x 6-8 ounces (fish should be fresh, deboned, and skin-off if preferred)

MINTY-MUSHY-PEAS

- Frozen garden or petit-pois peas x 500 ml
- Butter x 100 grams
- Shallots x 1 piece (finely diced)
- Olive oil x 50 ml
- Mint leaves x 6 pieces
- Bay leaf x 1 piece (fresh, please!)

TARTAR SAUCE

- Mayonnaise x 300 ml
- Shallots x 1 piece
- Capers x 100 ml
- Cornichons x 100 ml
- Lemon x 1 piece
- Tarragon x 2 sprigs
- Chives x ¼ bunch
- Tabasco x to taste
- Worcestershire sauce x to taste
- Sea salt, Kosher x to taste
- Pepper mill x ready to go
- Smoked paprika x to taste

GARNITURE

- Lemon x 1 piece
- Maldon sea salt x to taste
- Malt vinegar x to taste
- Espelette pepper x to taste



EQUIPMENT

- Cutting board x 2 (1 for fish, 1 for veg & garnish)
- Chef's knife x 1 (sharp!)
- Paper towel x 1 roll
- Kitchen cloths x 2 (dry; for oven)
- Kitchen rag x 2 (wet; for wiping as we work)
- Apron x 1
- Large bowls that fit into each other x 1 set (2 bowls in total)
- Deep pot with handles x 1 (for frying fish; needs to be wide but with high sides for safety!)
- Lid for this pot that is a PERFECT AIR-TIGHT FIT x 1 (in case of any issues, lid will be used)
- Kitchen tongs, metal x 1
- Baking tray x 1
- Wire rack, fits on top of baking tray x 1
- 8"-10" pot, with lid x 1
- Colander x 1
- Robot coupe/hand blender *or* potato masher x 1
- Spatula x 1
- Medium mixing bowl x 1
- Whisk x 1
- Measuring cup/glass
- Your best plate for serving with!

Please remember, that this list provided is to set you up for success, if you don't have exactly the equipment shown, not to worry as we can still make this happen. The only mandatory item is the pot with lid for the frying of the fish. SAFETY FIRST!

If you have ANY questions, please do not hesitate to reach out to me at tommy.mchugh@ryerson.ca