

Bob's Red Mill

Beer Battered Fish N' Chips

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COURSE

Main Course



CUISINE

Holiday, Kid Friendly, Party Food, St. Patrick's Day



PREP TIME

25 Minutes



COOK TIME

15 Minutes



SERVINGS

3

US Imperial



Nutrition Facts

Beer Battered Fish N' Chips

Amount Per Serving

Calories 628 Calories from Fat 27

% Daily Value*

Total Fat 3g **5%**

Sodium 617mg **26%**

Total Carbohydrates 104g **35%**

Sugars 2g

Protein 37g **74%**

* Percent Daily Values are based on a 2000 calorie diet.

Ingredients

Batter

- 1/2 Cup White Rice Flour
 - 1/4 Cup Sweet Rice Flour
 - 3/4 Cup Bob's Red Mill Cornstarch
 - 1 Teaspoon Baking Powder
 - 1 Teaspoon Sugar granulated
 - 1/2 Teaspoon Salt
 - 1/4 Teaspoon black pepper ground
 - 3/4 Cup Gluten-Free Ale
- more as needed for batter consistency

Fish

- 1 Pound Cod
- boneless, skinless, cut into 5-inch pieces
- 1/2 Cup White Rice Flour
 - 1/2 Cup Bob's Red Mill Cornstarch

Frying

- 2 Quarts Vegetable Oil or light olive oil

Instructions

- 1 In medium bowl, whisk together cornstarch, white rice flour, sweet rice flour, baking powder, granulated sugar, salt, and black pepper.
- 2 Add gluten-free beer. Whisk until batter forms. Batter should flow easily from a spoon, slightly thicker than the consistency of heavy cream. If it's too thick, add an additional tablespoon beer. Set aside.
- 3 In large bowl or pie plate, whisk together remaining white rice flour and cornstarch.

- 4** Preheat oil to 375°F.
- 5** Dredge cod, one piece at a time, into the white rice flour-cornstarch mixture. Shake off excess.
- 6** Dip cod, one piece at a time, into batter. Allow excess batter to drop off.
- 7** Carefully lower fish into hot oil. Cook until batter sets, about three minutes.
- 8** Turn fish and cook until batter turns golden brown, about another three to five minutes. Frying time varies depending on the size of the cod pieces.
- 9** Fry cod in batches, about two to three pieces at a time, depending on the size of your fryer.
- 10** Drain fish on paper towel-lined plate.
- 11** Serve at once or transfer to rimmed baking sheet and keep warm in preheated oven for up to twenty minutes.