

Battered Fish

Fish fried in batter

Since our favourite chippy Joe retired we'd not had fish and chips for a while. I'd been saving a big fillet of fish freshly caught by a friend and consigned to the freezer; now, I thought, was the time to give it a go. I'm glad I did, but it would have been crisper in a deep-fryer which we didn't have; so I had to make do with the good ol' frypan. Even so, it went down a treat.

2 portions of white fish
 2 level Tbsps plain flour
 1 egg
 ¼ tsp turmeric (optional)
 1 Tbsp self-raising flour
 Milk
 Olive oil, or other cooking oil



You will need a bowl for the batter and a dish or plate for the self-raising flour.

Sprinkle the turmeric if using in with the plain flour, then pop in the egg and mix well with a wooden spoon. Put in a little milk and continue stirring, adding more a bit at a time to achieve a reasonably thick cream consistency.

Dry the fish portions between paper kitchen towel before coating thoroughly with the self-raising flour. Pour sufficient oil into a frying pan to a depth of about 1cm (¼ inch) and heat on medium until hot – test this with a few drips of batter. When they are starting to sizzle, dip each piece of fish in the batter to coat all over and place in the pan to fry. Turn once in a while carefully until the batter is golden brown both sides.

Serves 2 with chips and salad

Tip: I found coating the fish with self-raising flour before dipping in the batter tends to increase the thickness of the fillets when fried. I have no idea why, but it works for me.

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