



Refined Fish & Chips

By Matt Healy

Serves
2

Prep time
20-25 mins

Cook time
20-25 mins

Total time
40-45 mins

Chef Skills: Curing fish, sauce making and deep frying

Ingredients

- Two 6oz cod fillets
- 200g sea salt for curing and additional for seasoning
- 2 Russet potatoes
- 100g unsalted butter
- 2 litres vegetable oil
- Sherry vinegar

Ingredients for the curry sauce

- 1 white onion
- 1 Granny Smith apple
- 2 tbsp raisins
- 30g ginger
- Bunch of coriander
- 1 tbsp mild curry powder
- 200ml water

Equipment

- Medium sized saucepan
- Medium non-stick frying pan
- Blender / thermomix
- Measuring jug
- Table top fryer (use a heavy bottom saucepan if not available)
- Slotted spoon / spider
- Oven tray
- Spatula
- J-cloths / Kitchen paper
- Mandoline (optional)

Before you click play

- Get out all equipment & ingredients
- Weigh out all ingredients
- Separate egg yolks

Refined Fish & Chips

By Matt Healy

Step one: curing the fish fillets

1. For the fish; put your cod portions onto a j-cloth on a baking sheet and cover with sea salt - this helps to draw any excess moisture from the fish. Set aside for 10 minutes.
2. Wash the salt off the cod carefully in cold water. Once all the salt has been washed away put the cod onto a clean cloth and place in the fridge until needed.

Step two: making the curry sauce

1. For the curry sauce; put the saucepan on a medium-high heat and add a splash of oil. Add the onions and the apples and fry for a few minutes until the onions become slightly soft, then add the raisins and mix.
2. Add the curry powder and mix well. Add a touch more oil if the mixture becomes dry. Allow the spices to cook out for a moment, then add 200ml of water and bring to the boil. Drop the heat to a gentle simmer for 6 - 8 minutes and then remove from the heat.
3. Transfer contents to an electric blender and blitz on the highest setting until you have achieved a smooth consistency. Check seasoning, pour back into the pan and set aside for later.

Step three: crispy potatoes

1. For the crispy potatoes; peel and thinly slice the potatoes using either a sharp knife or a mandolin. Slice the potatoes to the thickness of a 1p piece. Then, finely chop them into skinny matchstick shapes using a sharp knife. Season with salt and dry off with kitchen roll.

Refined Fish & Chips

By Matt Healy

Step three continued...

2. Preheat the fryer to 180°C and add the potatoes. Be careful not to add too much at once. Keep the potatoes moving with a slotted spoon/spider until they have a golden colour and begin to crisp.
3. Remove from the hot oil and place onto some kitchen paper. Season with salt and fresh coriander.

Step four: cooking the fish

1. Preheat the oven to 200°C / fan 180°C / gas mark 6.
2. Put a non-stick frying pan onto a high heat and add a splash of oil. Carefully place the fish into the pan and fry until the bottom of the fillet has a golden crust.
3. Place the pan into the oven and cook the fish for 4 minutes.
4. After 4 minutes, return the pan to the hob on a low-medium heat. Add a good chunk of butter and baste the fish with the foaming butter. Carefully flip the fish over and remove from the pan onto a clean j-cloth.

Step five: finishing the dish

1. Add 2 - 3 tablespoons of the curry sauce to your serving bowl and gently place the fish on top of the sauce.
2. Add the crispy potatoes on top and finish with a sprinkle of salt and a few drops of vinegar for that familiar chip-shop sensation.