

FISH AND CHIPS



Life tastes better our way.



AQUNA
Sustainable Murray Cod



INGREDIENTS

FISH

2 x Aquna cod fillets, skinned and pin boned
sea salt, to taste
lemon wedges, to serve

CHIPS

6 x large Sebago potatoes
vegetable oil, for frying

BATTER

350ml warm water
8g fresh yeast
200g plain flour

PREP: 3 HOURS
(2 HOURS DOWNTIME)

COOK: 15 MINUTES

SERVES: 4 PEOPLE

DIFFICULTY: EASY

METHOD

CHIPS

1. Peel and cut potatoes into chips size (roughly 1cm x 1cm x 8cm).
2. Place under running cold water for 30 seconds to remove starch.
3. Place chips in a medium pot covered with cold, salted water. Bring to the simmer over a medium heat. Cook for 15-20 minutes, or until tender and just breaking apart.
4. Carefully place chips onto a drying rack and place uncovered in the fridge (near the fan) to dry out for at least 2 hours.
5. Heat vegetable oil to 180°C and fry chips for 6-8 minutes, or until golden and crunchy.
6. Dry on paper towel, then serve.

BATTER

1. Whisk water and yeast together in a large bowl.
2. Add flour and whisk well.
3. Cover with cling wrap and place in a warm spot for 1 hour, or until doubled in size.

FISH

1. Ask your fishmonger to fillet, pin bone and skin the Aquna cod.
2. Cut each fillet into 5cm strips and season with salt.
3. Dip each fish portion in the yeast batter and fry at 180°C for 3-4 minutes.
4. Dry on paper towel and season with sea salt.
5. Serve with chips and lemon wedges.



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RECIPE #2



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