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For this classic Western cod dish, you want a great piece of Aquana Murray cod surrounded by lovely crunchy batter, and chips that are crunchy on the outside and soft and fluffy inside. This recipe will take care of that for you, with a triple-cooked technique for perfect chips, and vodka and lager in the batter to get the aeration you need for a light and crunchy coating for the fish.

Heston Blumenthal.



AQUNA
Sustainable Murray Cod

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FISH AND CHIPS

Recipe by Heston Blumenthal

INGREDIENTS

FOR THE TRIPLE-COOKED CHIPS

1.2kg Maris Piper potatoes
3 litres groundnut oil, for frying
salt
sea salt flakes

FOR THE TARTARE SAUCE

50g gherkins, finely diced
50g capers, finely diced
45g shallots, finely diced
250g mayonnaise
15g tarragon
13g flat leaf parsley leaves
13g chervil leaves
squeeze fresh lemon juice

FOR THE FISH

200g plain flour
200g white rice flour, plus extra for dusting
1 tsp baking powder
1 Tbsp honey
300g vodka
300g lager
3 litres groundnut oil, for frying
4 Aquna Murray Cod fillets, skinless and deboned (approximately 120g each)
salt and freshly ground black pepper
lemon wedges, to serve

METHOD

Wash and peel the potatoes and trim into 1.5cm thick chips. Rinse under cold, running water for 2-3 minutes, then drain. Bring a large pan of salted water to the boil (add 10g of salt per litre of water) and add the chips. Simmer on a moderate heat until the chips have almost broken up. Remove the chips using a slotted spoon and place on a cooling rack set over a tray, leaving to cool. Place in the fridge and chill completely. To cook the chips, heat the oil in a large pan to 160°C, using a thermometer probe to check the temperature. Add the chips and cook until slightly coloured with a dry appearance, approximately 20 minutes. Remove the chips with a slotted spoon and drain off excess oil. Place them on a cooling rack and allow to cool. Place in the fridge and chill completely.

To make the tartare sauce, combine the finely diced gherkins, capers and shallots with the mayonnaise. Finely chop and stir in all the herbs, seasoning the mixture with a squeeze of fresh lemon. Keep covered in the fridge until needed.

Combine the flours and baking powder in a bowl. Mix the honey and vodka in a separate bowl and add the flour, mixing well to form batter. Add the lager, stirring until just combined. Transfer the batter to a 1ltr cream whipper, charged with three CO₂ charges. Place the cream whippers in the fridge for 30 minutes.

To cook the Murray cod, heat the oil in a large pan to 180°C. Pat the cod fillets dry with kitchen paper. Season with salt and freshly ground black pepper and dust with a little rice flour. Shake off any excess flour. Remove the cream whippers from the fridge and shake well. Squirt the batter into a bowl. Dip each fillet into the batter until completely coated and lower into the hot oil. While cooking, drizzle a small amount of extra batter to ensure a crispy layer. Once golden, carefully turn the Murray cod and cook for another minute, repeating the addition of batter on top. Once golden brown, remove the Murray cod with a slotted spoon. The internal temperature of the Murray cod should read 40°C when probed. The residual heat will allow the Murray cod to cook to 45°C. Repeat with the remaining fillets.

To finish the chips, reheat the same oil (used to blanch them) to 190°C and add the chips, cooking until golden brown, approximately 5 minutes. Drain well and season with a mixture of salt and sea salt flakes.

Serve the Murray cod and chips with the tartare sauce. If you have an atomiser at hand, decant a little pickling juice or white-wine vinegar into it and lightly spray onto the fish and chips.