



Food For Thought Recipe and Allergen Card

Battered Fish

100 Portions

Ingredient	Hannah Product Code	Quantity
Panga Fillets	F001942	1/3 Per portion
Plain flour	D200205	1.5k
Salt		2 tsp
Pepper		1 tsp
Turmeric	D001173	½ tsp
Ice cold water (carbonated if possible)		
Baking powder	D001690	1 tsp

RECIPE METHOD – ALLERGENS

1. Safely defrost the Panga fillets over-night in the bottom of a fridge
2. Preheat the deep fat fryer to 180°C
3. Each Panga fillet should yield 3 portions of fish
4. Using 1kg of flour, 1tsp baking powder, half the salt and the turmeric whisk in cold water until a smooth batter is formed. The consistency is that of unwhipped double cream, and will coat the back of a spoon
5. Cover a baking tray with the remaining flour, salt and pepper
6. Pat dry each fish fillet, place in the flour on the tray and coat well
7. Shake to remove excess flour
8. Dip the floured fish into the batter and coat well
9. Remove the fish from the batter allowing any excess to run off
10. Slowly place the fish in to the fryer (VERY HOT FAT – BE CAREFUL!) away from you so that any splashes of oil will not be in your direction
11. Cook for 7 minutes or until the fish reaches 75°C for 30 seconds and the batter is golden brown
12. Serve immediately

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...