



Battered Fish

Ingredient	10 Portions	50 Portions	100 Portions
Panga Fillets/white fish	1/3 Per portion	1/3 Per portion	1/3 Per portion
Plain flour	150g	750g	1.5kg
Salt	pinch	1tsp	2 tsp
Pepper	pinch	0.5tsp	1 tsp
Turmeric	pinch	pinch	0.5 tsp
Ice cold water (carbonated if possible)			
Baking powder	pinch	0.5tsp	1 tsp

Key Points

Cleaning the fryer of debris in between batches is best practice

Method

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 and serve straight away

Allergens Wheat, Fish