



Fish & Chips

- 1 cup plain flour
- 1/2 tsp salt
- 1 cup (250ml) chilled beer
- Flathead fillets
- Olive oil
- 4 large washed Potatoes
- 2 lemons

Sift the flour and salt into a mixing bowl & whisk in beer to form a smooth thick batter.

Thinly cut your washed potatoes into slices.

Thinly cover the base of two oven trays with olive oil and place in the oven to preheat, Do this with caution as you would for any other shallow fry cooking on your stove top.

Once your oil is preheated, remove trays from oven (with extreme caution) using thick oven mits.

Arrange your potato chips into one of the preheated trays and place into the oven.

Lightly coat the Flathead fillets in the batter and place into the second preheated oven tray then place this tray underneath the oven arch to cook at very low temperature.

The cooking time will vary depending on the oven temperature, remove potato chips and fish when golden brown.

Serve with fresh salad and lemon.

