



# Speedy Greek fish and chips

10'  
Hands on

5'  
Cook Time

4-6  
Portion(s)

1  
Difficulty



## Method

- Place a [deep pan](#) with sunflower oil over medium to high heat and let the oil heat to 180\* C (350\* F).
- In a bowl, combine the flour, baking powder, sugar and salt.
- Add the beer and whisk for 1-2 minutes, until all of the ingredients are completely combined and there are no lumps.
- Place the codfish on a clean working surface and season with salt and pepper. (If the fish is [salted](#) just add pepper)
- In a bowl, add the flour for the breading.
- Sprinkle the fish with flour and then dip it into the batter.
- Fry for about 4-5 minutes until golden on both sides.
- When ready, remove from pan and allow to drain on paper towels.
- Serve with [fries](#), [tartar sauce](#), [garlic dip with bread](#) and lemon wedges.

## Ingredients

- 1 1/2 kilo cod, fresh, boneless
- pepper
- 200 g all-purpose flour, for breading
- seed oil, for frying

### Fo the batter

- 300 g all-purpose flour
- 1 heaping tablespoon(s) baking powder
- 1 pinch granulated sugar
- 1 pinch salt
- 500 g beer, light, cold

### To serve

- [Greek garlic dip with bread](#)
- [French fries](#)
- [tartar sauce](#)
- 1 lemon

## Διατροφικός πίνακας

### Nutrition information per portion

578 Calories (kcal)	11.0 Total Fat (g)	2.4 Saturated Fat (g)	62.0 Total Carbs (g)
29%	16%	12%	24%
0.8 Sugars (g)	52.0 Protein (g)	3.3 Fibre (g)	0.97 Sodium (g)
1%	104%	13%	16%