

Beer Battered Coorong Mullet

Preparation Time

30 minutes

Cooking Time

30 minutes

Ingredients (serves 4)

- 500g Coorong Mullet Fillets
- 200g sifted plain flour
- 1/2 tsp baking powder
- 1/2 tsp salt
- 300 ml Coopers Sparkling Ale
- Vegetable oil, to deep-fry
- 2 (about 400g) potatoes, peeled, cut into 2cm-thick chips
- 1 (about 400g) orange sweet potato peeled, cut into 2cm-thick chips
- Sea salt flakes
- Tartare sauce, to serve

Method

1. Cut butterfly fillet into single pieces. Combine flour, baking powder and salt in a bowl. Make a well in the centre. Gradually add beer, using a whisk to stir until well combined.
2. Add oil to a large saucepan or wok to reach a depth of 6-7cm (it should be no more than one-third full). Heat to 160°C over medium-high heat (to test when oil is ready, a cube of bread turns golden brown in 30-35 seconds).
3. Place the chips between sheets of paper towel and pat dry to remove excess moisture. Use a slotted spoon to add one-third of the chips to the hot oil. Cook for 4 minutes. Use the slotted spoon to transfer the chips to a plate lined with paper towel. Repeat in 2 more batches with the remaining chips, reheating the oil between batches.
4. Heat oil to 190°C (when oil is ready, a cube of bread turns golden brown in 10 seconds). Deep-fry one-third of the partially cooked chips for 3 minutes or until brown. Transfer to a plate lined with paper towel. Repeat in 2 more batches, reheating oil between batches.
5. Reheat oil to 190°C. Dip 4 pieces of fish, 1 at a time, into the batter to evenly coat and deep-fry for 3-4 minutes or until crisp and golden brown. Transfer to a plate lined with paper towel. Repeat with remaining fish pieces, reheating the oil between batches.
6. Arrange chips and 2 pieces of fish on each plate. Season with sea salt flakes and serve with a dollop of tartare sauce