

## Simply Ming On The Road Episode 1524 – Craig Maw & Nikki Mutton

### **Cod and Haddock Fish & Chips with Tartar Sauce and Mushy Peas**

#### **Serves 4**

**Eat Well With Ming:** Cod and haddock contain high amounts of selenium and vitamin B12, which are important for proper cognitive function

**Allergy Free Note:** peanut free, tree-nut free, shellfish free

4 Maris Piper potatoes, cleaned and peeled (can also use russet if can't find Maris Piper)

Fish batter (Kingfisher special blend)

2- 6 ounce cod fillets, skin can be kept on

2- 6 ounce haddock fillets

1 cup mayonnaise

1 bunch Scallions, finely chopped

3 tablespoons finely minced cornichons

2 tablespoons finely minced capers

2 tablespoons lemon juice

3 tablespoons dried parsley

dried peas, soaked overnight

1. Cut potatoes into ½ inch planks.
2. Make batter according to package directions. Let it stand 20-30 minutes and place in refrigerator until ready to use.
3. Make the mushy peas, soak 2 cups dried peas overnight.
4. Into a large sauce pan fit with a steamer basket, add ½ inch of water to the bottom of the pan. On high heat, bring the water to a boil. Turn heat down to medium and allow peas to simmer for 10 minutes or until tender.
5. Drain the peas and add to a bowl. Mash the peas and season with kosher salt and freshly ground black pepper to taste. Reserve in a small bowl for plating.
6. In a fryer or large deep pan, heat canola oil to 180 C or about 356F.
7. Add fries to the oil and cook for 3 minutes. Remove from oil, drain and place back in oil to fry for a second time, allowing them to cook for another 6 minutes. Remove from oil when crispy and place on a paper towel lined plate to drain excess oil.
8. Remove the batter from the refrigerator and coat the fish in the batter, draining off any excess batter.
9. In another fryer or large pot filled with canola oil heated to 180 F or about 356F, add the cod and haddock. Allow to cook about 6-8 minutes, until fully cooked. Remove from oil and place on a paper towel lined plate or sheet tray to drain excess oil.
10. To plate, on a serving platter, plate fries with the fish, mushy peas and tartar sauce and enjoy.

## **Beer Battered Hake and Monkfish Cheek with Fried Scallions, Blue Dragon French Fries and Vinegar Syrup Dipping Sauce**

### **Serves 4**

**Eat Well With Ming:** Both hake and monkfish are excellent sources of phosphorus, an important mineral essential for our bones and teeth.

**Allergy Free Note:** gluten free, peanut free, tree-nut free, shellfish free

3 Maris piper potatoes (russet are a good replacement)  
1 cup + 1/2 cup malt vinegar  
1/2 cup rice wine vinegar  
1 cinnamon stick  
1 whole star anis  
1 bunch scallions, cleaned, + 1 tablespoon finely chopped scallion greens  
1 cup cornstarch  
1 cup all purpose flour  
1 tablespoon baking powder  
½ tablespoon baking soda  
8 ounces of your favorite beer  
1 cup mayonnaise  
Canola oil for frying

1. Clean and peel potatoes. Cut into ¼ inch wide fries. In a large bowl, fill 2/3 way with water and add 1 cup malt vinegar. Mix to combine. Carefully add the potatoes in. Make sure all the potatoes are covered by liquid. Store in the refrigerator preferably overnight but 3-4 hours will do.
2. Add malt vinegar to a wok with the cinnamon stick and star anise. Place on medium high heat and allow to reduce by 75%, about 15 minutes. Remove from heat and cool completely.
3. To the bottom of the scallions, cut the white part down the middle, still keeping the scallions attached.
4. To a medium bowl, add the cornstarch, flour, baking powder and baking soda. Slowly pour in the beer and whisk until mixture is combined. The consistency should be similar to a pancake batter.
5. Add mayonnaise into a serving bowl. Carefully pour the vinegar syrup on top and garnish with scallion greens. Reserve for serving.
6. In a fryer or large deep pan, heat canola oil to 180 C or about 356F.
7. Add fries to the oil and cook for 3 minutes. Remove from oil, drain and place back in oil to fry for a second time, allowing them to cook for another 6 minutes.

- When golden brown, remove from oil and drain on a paper towel lined plate or sheet tray.
8. Coat the hake, scallions and monk cheeks in the beer batter, allowing any excess batter to drain off.
  9. In another fryer or large pot filled with canola oil heated to 180 F or about 356F, add the hake and monk cheeks.
  10. Allow to cook for about 6 minutes or until fully cooked. Place on a paper towel lined sheet tray or plate to allow to drain.
  11. To serve, plate the fries with the fish and the dipping sauce.

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