



Battered Cod with Marie Rose Sauce

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 50 minutes



Dublin-born Cathal Armstrong (an F&W Best New Chef 2006) brings the fish-and-chips tradition to Alexandria, Virginia. Armstrong serves two types of fish, plus fries and a host of sauces, like the one below.

Marie Rose Sauce:

1/2 cup mayonnaise

2 tablespoons ketchup

1 tablespoon fresh lemon juice

1 teaspoon Tabasco sauce

Batter:

1 3/4 cups water

2 cups flour, plus more for dusting

1 pinch salt

1/4 teaspoon baking soda

Fry:

1 quart vegetable oil, for frying

2 pounds cod fillets, skinless, cut into 4-inch pieces

The batter transforms into a perfect crust for the fish in the batter soaks up enough of the fish flavor to be a meal on its own. The cod is perfectly cooked. This is a simple dish with a big taste result.

SUGGESTED WINE PAIRING: A bright, crisp, citrusy Sancerre.

MARIE ROSE SAUCE:

In a bowl, whisk the mayonnaise with the ketchup, lemon juice and Tabasco.

Batter:

Pour the water into a large bowl. Using a hand-held electric mixer at low speed, beat in the 2 cups of flour, 1/2 teaspoon of salt and the baking soda.

STRAIN the batter into another bowl.

FRY:

In a large saucepan, heat the oil to 360°F. **MAKE CERTAIN THAT THE OIL IS STEADY AT 360°F.**

Line a rack with paper towels. Dust 5 pieces of cod with flour, then tap off the excess. Dip the cod in the batter, scraping the pieces lightly against the side of the bowl to remove excess batter, and add to the hot oil.

Fry over moderate heat until golden and crisp, about 7 minutes.

Using a slotted spoon, transfer the fish to the rack. Repeat with the remaining fish and batter (**MAKE CERTAIN THAT THE OIL IS STEADY AT 360°F**).

Sprinkle with salt and serve at once with the sauce.

Per Serving (excluding unknown items): 1603 Calories; 150g Fat (83.3% calories from fat); 31g Protein; 36g Carbohydrate; 1g Dietary Fiber; 69mg Cholesterol; 340mg Sodium; 3g Total Sugars; 1mcg Vitamin D; 35mg Calcium; 3mg Iron; 694mg Potassium; 356mg Phosphorus. Exchanges: .

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