

Recipe idea

Fish and chips of plaice and homemade tartare sauce

Main course - 4 persons

Preparation: 20 minutes | Cooking time: 20 minutes



Ingredients

- 4 plaice fillets EPIC
- 3 tbsp. flour
- 2 tbsp. water
- 1 kg mushy potatoes
- 1 egg
- 2 egg yolks
- 1 tbsp. mustard
- 1/2 l. sunflower oil
- 1 tbsp. capers
- 1 tbsp. chopped pickles
- 1/2 chopped onion
- 1 tbsp. chopped parsley
- fresh ground pepper
- sea salt

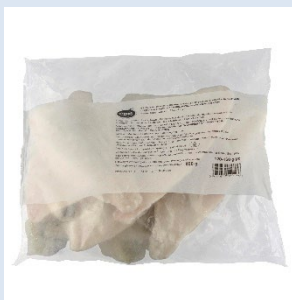
Preparation

Cut the fillets into pieces of 4 cm. Mix 3 tablespoons of flour and 2 tablespoons of water. Take one fillet of fish at a time and holding it by the thin end swirl it around the batter until well coated. Plunge into hot oil immediately and fry at 170 ° until golden brown. Drain on kitchen paper. Peel the potatoes and cut them into chunky sized chips. Rinse and dry thoroughly. Fry for about 5 minutes at 150 °. Let them cool, pat dry and fry for a second time at 180 ° until golden brown and crisp. Sprinkle with coarse sea salt.

Tartare sauce :

Make a mayonnaise with the egg yolks, mustard, sunflower oil and a little lemon juice. Chop the capers, gherkins, onion, parsley and a hard boiled egg and mix with the mayonnaise. Season with pepper and salt.

Have your newspaper ready for eating !



Plaice fillets

Product code = FSCH 120

120-160 g/piece

Bag 800 g, 10 bags per carton