



FRIED FISH

1kg hake fillets or kingklip fillets

METHOD 1

60ml flour, seasoned generously with coarse salt and pepper
1 egg, lightly beaten with some water
250ml breadcrumbs or medium matzo meal

First dip fish into flour, followed by egg and then breadcrumbs. Leave uncovered on a board for a few minutes uncovered on a board before frying.

METHOD 2

60ml self-raising flour, seasoned generously with coarse salt and pepper
1 egg lightly beaten with some milk

First dip fish into the flour and then the egg. Fry immediately – do not leave aside.

Always fry in sunflower or canola oil that is at least 2-3cm deep – there is no need for deep-frying it. Heat the oil first until quite hot, as fish will brown quickly and will not absorb all the oil. Quick frying on high heat produces a crisper, less oily fish. Lower the heat if necessary depending on the type and thickness of the fish, so as not to burn the crumbs. Fish should not be fried for longer than 20 minutes in total. However, stock fish, such as hake can fry for any amount of time as it will never become hard.

To check readiness of fish, prick with fork, which should pierce through easily. Drain the fish on paper towel and/or brown paper to remove the excess oil. Once cool, leave fish uncovered on a rack to prevent it from becoming soggy. Reheat in a very low oven for a few minutes if you prefer to serve it warm. A wedge of lemon and a little mayonnaise make a great accompaniment.

1kg of fish serves 4 people