



FINCH + FENNEL

Fried Fish

COOK TIME: 30 minutes

YIELDS: 4 Servings

INGREDIENTS:

8 oz Cod/Halibut, cut into 6 pieces

Peanut or Avocado Oil, for frying

3 c F+F Gluten-Free All Purpose Baking Mix

1 Tbsp Baking Powder

1 tsp Salt

2 Tbsp F+F Cape Cod Seasoning Rub

8 oz Beer, gluten-free or regular

1 Egg

1-1 ½ c Water

Additional Salt & F+F Cape Cod Seasoning Rub, to season fried fish



DIRECTIONS:

1. Cut fish into 6 strips & let them dry on top of a paper towel.
2. Prepare oil or fryer to 350-375°F using peanut, avocado, or other high smoke point oil.
3. Prepare two bowls for breading. In the first bowl, measure 1 cup F+F Gluten-Free All Purpose Baking Mix. In the second bowl, combine 2 cups F+F Gluten-Free All Purpose Baking Mix, baking powder, salt, F+F Cape Cod Seasoning Rub, beer & egg, mixing well. Slowly add hot water to second bowl & mix until batter is at desired consistency, similar to crêpe batter.
4. Roll fish in dry F+F Gluten-Free All Purpose Baking Mix bowl, covering completely; then dunk coated fish into the beer batter, making sure to fully cover it. Drop battered fish immediately into oil or fryer & cook until lightly browned.
5. Once fully cooked, place on a tray with a metal rack to cool & drain.
6. Season with salt & additional F+F Cape Cod Seasoning Rub.

Enjoy!

