

Drunk Fish



Who has been drinking? My fish has been drinking !!! A bit different version for preparing fish fillets.

Fish in this pastry is really fantastic for all fish lovers, I do recommend you to try this. And you will discover why I called it Drunk Fish if you look at the ingredients.

INGREDIENTS :

1 – 1 $\frac{1}{2}$ kg Alaska pollock (or cod, hake, silver bream, chub, sea bass, pilchard etc...)

250 g of flour

2 eggs

1 tea spoon of salt

2 tea spoons of oil + oil for frying

260 ml of beer

PREPARATION :

1 . put a good pinch of oil into a deep pan (fish must swim in oil) and heat it on medium temperature to let the oil get warmed well and slowly ...

2 . beat egg whites and salt into stiff snow ...

3 . whisk flour, yolks, oil and beer until lumps disappear ...

4 . add egg whites into the mixture of yolks and mix lightly with a circular motion until the mixture gets homogenous ...

5 . immerse the fish into the pastry from both sides (it is best to do it with your fingers, so that fish does not crumble) and put it into hot oil and fry on medium heat till the pastry gets golden colour on both sides ...

6 . take the fried fish out of the pan and put it on a plate covered with kitchen paper ...

NOTES AND ADVICE :

This pastry is ideal for preparing various fish fillets, but also for vegetables like broccoli, cauliflower, champignons and lots of other things.

Reduce the amount of salt in this pastry and add some sugar, take Bounty chocolates and immerse them into the pastry and fry on higher temperature, so that the pastry gets the golden colour more quickly and chocolates do not melt.

For fried apples – peel the apples, slice them into rings, remove the seeds and add some cinnamon, vanilla sugar and sugar into the pastry and reduce the amount of salt.

For all those who do not use alcohol in their cuisine, there is an alternative, of course – use mineral water instead of beer, but I prefer beer in this pastry and it evaporates during frying.

DO NOT heat the oil on high temperature! Oil is always heated on baking or frying temperature. If you heat the oil on high temperature and then reduce it, it still remains too hot and cannot cool down to the temperature you need.



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