

Fish 'n' Chips

Description

This tasty fish n chips recipe is baked but still comes out just as crunchy golden brown as the fried variety.

Ingredients

Chips

- 4 medium baking potatoes, peeled
- 2 tbsp olive oil
- 1/4 tsp black pepper

Fish

- 1 lb haddock fillets
- 1/3 cup all-purpose flour
- 1 egg, beaten lightly
- 2 tbsp water
- 2/3 cup corn flakes, crushed
- 1 tbsp grated parmesan cheese
- 1/8 tsp cayenne pepper
- 1/4 tsp black pepper (for flour)

Instructions

Chips

In a mixing bowl, combine olive oil and pepper. Cut potatoes lengthwise into 1/2 inch strips. Add to olive oil mixture, toss thoroughly to mix.

Coat a 15" by 10" by 1" baking pan with cooking spray. Place potatoes in pan. Bake uncovered at 425° for 30 minutes until golden brown and crisp.

Fish

In a shallow dish, combine flour and pepper. In a second shallow dish beat egg and water. In a third dish, combine the cornflakes, Parmesan cheese and cayenne pepper. Dredge the fish fillets in the flour, then dip in the egg mixture and coat with cornflake crumb mixture.



Summary

Yield: 4

Prep Time: 30 minutes

Category: Fish

Cuisine: American

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Place fish fillets on a baking sheet coated with cooking spray. Bake at 425° for 15 minutes or until fish flakes easily with a fork.

To Serve

Serve fish and chips with tartar sauce for fish, and ketchup for chips if desired.