

OVERALL time: 45 mins

Chilli Crunch Fried Cape Whiting & Chips

Crispy, spicy and full of flavour! Our **Chilli Crunch Seasoning** adds epic crunch and a fiery kick to this fried Cape Whiting, turning classic fish & chips into something unforgettable.

Metric

Number of servings : 4

ingredients

For the fish & chips

- 2 L sunflower or vegetable oil, for frying
- 4 large potatoes, peeled & cut into thick chips
- **Cape Herb and Spice Salt & Pepper**
- 4 fillets Sea Harvest Cape Whiting fillets, defrosted
- 1 cup cake flour, plus extra for dusting
- 2 Tbsp cornflour
- 1 tsp baking powder
- 1 Tbsp **Cape Herb and Spice Chilli Crunch**
- 1 cup cold beer (a lager)

For the lemon tartare sauce

- 0.5 cup mayonnaise
- 0.25 cup plain Greek yoghurt
- 1 tsp Dijon mustard
- 1 large lemon, juiced
- 2 Tbsp capers, finely chopped
- 2 fronds fresh dill, finely chopped
- **Cape Herb and Spice Atlantic Sea Salt**
- **Cape Herb and Spice Extra Bold Black Pepper**

For the Chilli Crunch Oil

- 0.25 cup **Cape Herb and Spice Chilli Crunch**
- 4 cloves garlic, finely chopped
- 0.5 cup olive oil

To Serve

- fresh dill
- lemon wedges

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 10 mins | COOKING TIME: 35 mins

Fish & Chips

Pour the oil into a large heavy-based pot to deep-fry the chips and fish. Heat to 180 °C.

Pat the potatoes dry. Fry in batches for 10–15 minutes until cooked and golden. Drain on paper towel.

Season a little extra flour with salt and pepper and lightly dust the **Sea Harvest Cape Whiting fillets** on both sides.

In a mixing bowl, whisk together the cake flour, cornflour, baking powder, **Cape Herb & Spice Chilli Crunch** seasoning and cold beer until smooth. Season lightly with salt.

Dip the fish into the batter and carefully lower into the hot oil.

Fry for 5–8 minutes until crisp and cooked through.

Drain well and repeat with all the fillets.

Lemon Tartare Sauce

Combine the mayonnaise, yoghurt, mustard, lemon juice, capers and dill. Season and mix well.

Chilli Crunch Oil

Place the **Cape Herb & Spice Chilli Crunch** and garlic into a deep-sided heatproof bowl.

Heat the olive oil until very hot, then carefully pour over and allow to infuse for 10 minutes.

To Serve

Arrange the fish and chips on a lined platter.

Serve with tartare sauce, lemon wedges and a drizzle of chilli crunch oil.

Finish with fresh dill.

Recipe by CRUSH Magazine

<https://www.capeherb.co.za>

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