

Gluten-Free, Beer-Batter, Pan-Fried Fish

The Daily Basil Blog
12 servings

Prep Time 15 min
Cook Time 15

Instructions

1 Put the oat flakes and seeds in a blender and grind until they are in small pieces. Put this mixture in a bowl and add the salt, pepper and cornstarch and mix. Mix the beer into the dry ingredients and stir, then add the egg and stir. Let the batter sit for 15 to 30 minutes. It will thicken during this time.

2 Put the oil in a pan and pre-heat on medium-high. Take a double layer of paper towel and put on a plate. Put the fish on the paper towel and top with another double layer of paper towel. Press down on the fish, on all sides, to get them dry. I do this 3 times to make sure the fish is totally dry. Put some cornstarch on a plate. Completely coat the fish in the cornstarch. Doing these two steps will help the batter stick better to the fish.

3 When the oil is hot, coat the fish in the batter on all sides. I will coat two to three times to make sure the batter is thick. Put the fish immediately into the hot oil. Let the fish fry for about 3 to 4 minutes until you see browning around the edges. Turn the fish over and let it cook for another 4 to 6 minutes. Covering the pan helps the fish cook faster.

4 Use a digital food thermometer to measure the temperature of the fish. It should reach 158 F or 70 C. Then it is done.

Note: You can keep the cooked fish in the fridge for 3 days or freeze.

You can watch the video here.

Ingredients

3/4 cup Oat Flakes
1/8 cup Sesame Seeds
1/8 cup Sunflower Seeds
1/8 cup Pumpkin Seeds
1/2 /cup Beer or Chicken/Vegetable Stock
1 tsp Salt & Pepper, each
1 tbsp. Corn Starch
1 egg

340 grams (3/4 lb), 2 filets Cod or another white fish of your choice
Cornstarch for coating the fish
1/8 cup canola or sunflower oil

Note: There is a link to a digital food thermometer in the video.

Note: If you don't know how to use the thermometer, watch the Day 11 video.

Tip: This fish tastes almost like deep-fried but with less fat.

Cooking

A show of love

www.thedailybasil.com
YouTube-Debbie Esplin

