Fish 'n' Chips

Description

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



Summary

Yield: 4
Prep Time: 30 minutes
Category: Fish
Cuisine: American

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.

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

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