

Fish and Chips

Recipe by Angela Litchfield



INGREDIENTS

6 filets of any white fish
2 cups of flour
2 tbsp. garlic
1 tbsp. oregano
1 tbsp. onion powder
1 tbsp. parsley
garlic salt to taste
lard for frying
1-2 tbsp butter
8 potatoes
vegetable oil for frying

DIRECTIONS

Combine flour, garlic powder, oregano, onion powder, and parsley in a bowl.

Heat lard in frying pan with 1-2 tablespoons of butter to medium-high.

If fish is not damp, dampen with water and dip fish into flour mixture.

Once coated cook fish in the lard and butter until all sides of the fish are crispy and a golden colour.

Drain cooked fish on a plate with paper towel to absorb excess grease.

Season with garlic salt.

Meanwhile, wash and cut potatoes into desired chip size and cook in vegetable oil. When chips turn a golden colour, remove from heat and season with salt.

Enjoy!

Indigenous Ingredient: Fish

“Create love in the kitchen! Enter with a good mind, happy heart and clean hands!”

Kate Brant