

## Beer Battered Fish in Avocado Oil

I recently traveled to the UK, where fish and chips is everywhere, from tiny corner fast food like shops to fancy restaurants. If you head into a restaurant or pub, it's almost guaranteed to be on the menu.

When I got back, even though I'd eaten fish and chips half a dozen times, for some reason, I still had a craving. Of course, it's not that hard a dish to find in the states, but it also seems like something that shouldn't be too hard to make at home.

First up is the batter — it's a simple batter made of flour, spices, and beer. The batter was seasoned with garlic powder and the Citrus Salt & Pepper I got from my Ava Jane's Kitchen spice subscription, which adds a nice seasoning without being too much. For beer, neutral, lighter beer works best, as it doesn't overpower the flavor. I used a lager, but an amber or even pale ale would probably work. Just don't use something too bitter or fruit flavored. For fish, cod is a good choice. It's easy to find, firm enough to hold up to deep-frying, and comes out moist and flaky. When it comes to frying, I was hesitant to use my Ava Jane's Kitchen Avocado Oil at first. I was worried that the flavor would come through too much and overwhelm the fish, but it actually came out perfect. The fragrant flavor and aroma of the oil actually paired well with the beer batter. The secret to deep-frying that is crisp and flavorful but not soggy is temperature — if you don't have an instant read thermometer on hand, you should get one. It makes a difference here.

This batter would be delicious with onion rings, or even chicken or shrimp. I ate my fish on a bed of greens this time instead of chips, and a side of tartar sauce, but anything goes here. Just eat it right away, as fried fish is not something that holds well.

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Serves 4

### Ingredients:

- 1 bottle Ava Jane's Kitchen Avocado Oil
- 1 cup flour
- 1 teaspoon garlic powder
- 1 teaspoon Citrus Salt & Pepper
- 1 egg
- 1 bottle light, neutral tasting beer
- 4 cod filets, rinsed and patted dry with paper towels.

### Directions:

Pour the oil in a deep skillet and heat until it reaches 375 degrees.

Whisk the flour and seasonings with the beer and egg until well combined. Dip the fish in

the batter and fry until browned and crisp on all sides, flipping if necessary so that it's golden browned all over. Transfer to a wire rack, and serve immediately.