

England



Bubble & Squeak (English fried potatoes & cabbage)

Yield: 3-4 servings

Ingredients:

Potatoes peeled, cooked, mashed roughly 3-4 each

Cabbage cooked & shredded 1 small head

Salt & pepper to taste

Butter, oil or bacon fat 3-4 T

Onion chopped 1 each

Directions:

Mix the potatoes and cabbage together well in a bowl.

Season with salt and pepper.

Heat the butter or oil in a heavy skillet over medium-high heat.

Sauté the onion till translucent.

Mix in the potato-cabbage mixture and press down into the skillet.

Let cook on medium heat till bottom is browned, about 10 minutes.

Then turn potatoes to brown on the other side.

Fish and Chips

(English batter-fried fish with fried potato wedges)

Yield: 4 portions

Ingredients:

Flour, all-purpose 1 1/4 cups

Salt 1 t

Beer 1 1/4 cups

Egg yolk 1 each

Oil 1 T

Egg white beaten till forms stiff peaks 1 each

Fish (any firm white fish) cut into serving size pieces 1 1/2 - 2 lbs

Salt & pepper to taste

Flour, all-purpose 1/2 cup

Potatoes, baking peeled, cut 1/2" thick slices & soaked in cold water 4 each

Oil for deep frying

Directions:

Sift the flour and salt together into a large bowl.

Make a well in the center and add the beer, yolk and oil.

Beat well with a whisk till smooth.

Set aside to rest for about 30 minutes.

Season the fish filets with salt and pepper and set aside.

Preheat oven to 250°.

Heat oil in a fryer or deep pot to 365-375°.

Drain potatoes and pat dry.

Add to hot oil in batches, dropping in one at a time to keep them from sticking together.

Fry until well browned.

Drain and transfer to a paper towel-lined pan in the oven to keep warm.

Let oil return to proper temperature between batches.

When fries are finished, gently fold whipped egg whites into the batter with a spatula.

Dip filets into the flour, shaking off the excess.

Then dip into batter.

Gently drop into hot oil and fry till brown on both sides, flipping from time to time.

Drain and hold in oven till all filets are fried.

Serve fish and chips on tabloid newspapers with malt vinegar, tartar sauce, ketchup and a nice English ale.