



UCOOK

Beer-battered Fish Dog

with roasted sweet potato wedges

A classic American dish and a classic British dish join forces! Meet the Fish Dog! Half hot dog, half fish & chips! Basa fillet is dipped in a non-alcoholic beer batter and fried to flaky perfection before being served on a fluffy hot dog roll with a creamy homemade tartar sauce. Served with crisp sweet potato wedges, this dish isn't too good to be true, it's right here!


Hands-On Time: 35 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Thea Richter

 Fan Faves

 Boschendal | Boschen Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1kg	Sweet Potato <i>rinsed & cut into wedges</i>
100ml	That Mayo (Garlic)
10g	Fresh Dill <i>rinsed, picked & roughly chopped</i>
100g	Gherkins <i>drained & finely diced</i>
200ml	Self-raising Flour
20ml	NOMU Seafood Rub
1 bottle	Non-alcoholic Beer
4	Basa Fillets
4	Schoon Hotdog Rolls <i>halved lengthways</i>
80g	Salad Leaves <i>rinsed</i>
2	Tomatoes <i>sliced into rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)
Paper Towel

1. SWEET POTATO WEDGES Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. TARTAR SAUCE In a small bowl, combine the mayo, ½ the chopped dill, the diced gherkin, a splash of water, and seasoning. Set aside.

3. BEER-BATTERED BASA In a bowl, combine ¾ of the flour, seasoning, and the rub. Gradually mix in 200ml of the beer (you won't be needing the rest of the beer), until a smooth batter. Add an extra splash of beer if the batter looks too thick. In a separate shallow bowl, place the remaining flour (seasoned lightly). Place a pot over a medium-high heat. Fill with enough oil to deep-fry the basa. Pat the basa dry with paper towel. When the oil is hot, lightly coat the basa in the flour and then dip the basa into the beer batter. Using a pair of tongs, carefully lower each piece into the hot oil. Deep-fry for 3-5 minutes until the batter is golden and crispy. On completion, remove and drain on paper towel. Season to taste. You may need to do this step in batches.

4. TOASTED BUNS Butter the cut-side of the halved rolls or drizzle with oil. Place a pan over a medium heat. When hot, place the rolls, cut-side down, in the pan and toast for 1-2 minutes until browned.

5. DELISH FISH DINNER! Lay down the bottom half of the roll. Smear on ½ the creamy tartar sauce. Top with the rinsed salad leaves, the sliced tomato and the crispy fried basa. Sprinkle over the remaining dill. Side with the roasted sweet potato wedges and the remaining tartar sauce for dunking. Well done, Chef!

Nutritional Information

Per 100g

Energy	419kJ
Energy	100Kcal
Protein	5.7g
Carbs	15g
of which sugars	3.2g
Fibre	1.2g
Fat	1.8g
of which saturated	0.5g
Sodium	124mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Fish

Cook
within 2
Days