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

Fish 'n' Chips

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.

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.