

Go for the king of English street food: fish and chips

By THE CULINARY INSTITUTE OF AMERICA

Thanks to our global food community, we have more opportunities than ever to sample cuisines from the farthest corners of the world. Even in America's smallest towns, food lovers are exploring traditional Indian, Ethiopian or Spanish tapas restaurants, and we're constantly on the hunt for our new favorite.

As our palates grow accustomed to savory spices and tongue-numbing chiles, it's easy to forget the classics of our close friends just across the pond. With their quirky names like Bubble

and Squeak, Bangers and Mash, and Toad-in-the-Hole, we love traditional English pub fare for its comfort food appeal.

When we think of classic English food, our minds wander to freshly made sausage, creamy potatoes and rich gravy. But maybe the most iconic dish is the king of street food: fish and chips.

The Culinary Institute of America's recipe for Fish and Chips gets right to the point. Flaky, tender cod in a crispy batter, served alongside twice-fried potatoes. For the perfect complement to the richness of the dish, we've added an herby

dipping sauce that is creamy and tangy, thanks to white wine vinegar and capers.

In the fish and chip world, a common debate lies in the choice between cod and haddock. Both are flaky white fish, with similar flavors and textures. Haddock may be slightly more flavorful, and a bit drier in texture, but both are excellent options.

One consideration to keep in mind is that the Monterrey Bay Aquarium's Seafood Watch (which advises on ocean-friendly choices when purchasing seafood) considers Pacific cod caught in Alaska to be a more sustainable option than

haddock in general.

Our all-purpose fish batter is kept crisp and airy with the addition of sparkling water. You'll love the crunch in contrast to the buttery fish, but it is also perfectly suited as a coating for chicken or vegetables. Try it on sliced sweet potatoes, onions, and even Brussels sprouts. To ensure a crispy exterior that isn't too greasy, keep the batter as cold as possible and whisk it right before use.

If you're craving something green on your plate, fish and chips are seamlessly paired with sweet green peas (mash them for a classic English touch).



SUBMITTED PHOTO

Grupo Condor uses Spanish string instruments, American flutes, and both African and American percussion. notforsale

Hear the diverse folk music of Latin America at Clatskanie concert

CLATSKANIE — The Clatskanie Arts Commission will present Grupo Condor, a touring folk music ensemble representing traditional styles of Spanish-speaking America, for a performance Friday, Feb. 24.

The concert will take place at 7:30 p.m. at Clatskanie's Birkenfeld Theatre, located at 75 S. Nehalem St.

Grupo Condor's concerts focus on the blend of Spanish, Native American and African influences that have created the tri-cultural art form of Latin American music. The band combines high-energy entertainment with multicultural and educational information and exploration.

The band has traveled throughout the U.S., Canada, Mexico and Europe. Members of Grupo Condor are natives of Mexico and Peru and are currently residents of Oregon. The ensemble is dedicated to the preservation of their musical heritage, culture and traditions.

The instruments used by Grupo Condor are comprised of three groups:

- the string family of

Spanish influence, including the guitar, charango and ronroco;

- the flute family of American influence, including the quenás, zampoñas and antaras; and

- percussion instruments of both African and American influences, including the bombo leguero, chaj-chas, palo de lluvia and tambor de agua.

During the concert, band members discuss the instrument names and origins between songs, giving the audience a more extended spectrum of the music itself and emphasizing the importance that each culture contributes to the music.

Tickets are \$18 for adults, \$16 for seniors age 60 and older and students, and \$14 for children age 12 and under. Seating is limited.

Tickets are available at Hump's Restaurant in Clatskanie. They may also be reserved at will-call by calling Elsa Wooley at 503-728-3403 or 503-338-9770. Tickets will also be available at the ticket booth, which opens at 7 p.m. the night of the performance.

Fish and Chips

Start to finish: 1 hour
Servings: 4

2 pounds of skinless and boneless cod or hake fish
Oil, as needed for frying
Tempura Batter (recipe follows)

Dipping Sauce (recipe follows)

All-purpose flour, as needed
Chips (recipe follows)
Clean the fish and cut it into 3-inch x 1.5-inch rectangles.

Heat the oil in a deep fryer to 350 degrees F.

As the oil is heating, prepare tempura batter and dipping sauce.

Place all-purpose flour into a sealable plastic bag.

Place a piece of fish into the bag and shake it until the flour completely coats the fish.

Dip the fish in flour to coat it and shake off excess flour and dip it into the batter. Remove the fish using tongs and briefly let any excess batter drip off. Carefully lower the battered fish into the hot oil. When it starts to bubble, release it.

Cook until golden brown, approximately 5 to 7 minutes. Place on a paper towel to soak up excess oil.

Serve hot with chips and dipping sauce.



PHIL MANSFIELD/THE CULINARY INSTITUTE OF AMERICA VIA AP
Try making your own fish and chips with this recipe.

Tempura Batter

Makes 4 servings
3 eggs, beaten
1 pint sparkling water
1 1/2 cups all-purpose flour
1 teaspoon baking powder

Mix all ingredients in a bowl large enough to dip the pieces of fish. Set aside.

Dipping Sauce

Makes 4 to 6 servings
1 cup mayonnaise
1/2 cup sour cream

3 tablespoons chopped tarragon or chopped thyme
3 tablespoons parsley
2 tablespoons minced shallot
1 tablespoon lemon juice
1 tablespoon white wine vinegar
2 teaspoons finely chopped capers
3 finely chopped white anchovy fillets
Tabasco, to taste
Salt, to taste
Mix all ingredients together in a bowl.

Chips

Makes 4 servings

6 russet potatoes, peeled and cut into 5-inch x 1/2-inch rectangles

Oil, as needed for frying
Pinch of salt, and as needed for seasoning

Rinse, drain and dry the potatoes thoroughly. (Alternatively, the potatoes may be held in cold water until ready to cook. Dry them thoroughly before cooking, or the oil will splatter when they are added to it.)

Heat the oil in a large cast-iron skillet or a 14-inch wok, preferably one with a handle, over high heat until it reaches 300 degrees F. Add the potatoes, and reduce the heat to medium. Cook for approximately 15 minutes, gently jiggling the pan from time to time. Do not stir, to avoid breaking the fries. Remove the fries from the oil.

Increase the heat of the oil to 375 to 400 degrees F. Add the fries back into the oil, stirring occasionally, and cook until golden brown, approximately 10 minutes. Transfer to paper towels to drain briefly. Season with salt and serve immediately.