

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

By THE CULINARY INSTITUTE OF AMERICA
Associated Press

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 (fries, not chips, which are crisps. Got it?). 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



Phil Mansfield/The Culinary Institute of America via AP

Fish and chips.

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. Of course, your cod may be coming from another source, so check out seafood-watch.org or their handy app for more information.

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). For some variety, serve the dish with a sesame-based cabbage slaw and soy dipping sauce, or a tangy jicama salad and mango salsa. But if you’re traditional, a nice cold beer will do the trick.

This article was provided to The Associated Press by The Culinary Institute of America in Hyde Park, New York.

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 ½ -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.

TEMPURA BATTER

Makes 4 servings

- 3 eggs, beaten
 - 1 pint sparkling water
 - 1 ½ 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
- ½ cup sour cream
- 3 tablespoons chopped tarragon or chopped thyme
- 3 tablespoons chopped 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 ½ -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.

Nutrition information per serving of the fish: 782 calories; 236 calories from fat; 26 g fat (4 g saturated; 0 g trans fats); 125 mg cholesterol; 861 mg sodium; 92 g carbohydrate; 9 g fiber; 6 g sugar; 44 g protein.

Nutrition information per serving of the dipping sauce: 361 calories; 336 calories from fat; 37 g fat (8 g saturated; 0 g trans fats); 37 mg cholesterol; 420 mg sodium; 2 g carbohydrate; 0 g fiber; 1 g sugar; 2 g protein.



AP Photo/Elaine Thompson, File

In this file photo taken Jan. 10, restaurant manager Jason Appleton pours a glass of wine from a small barrel at Luc’s restaurant in Seattle. The Washington Wine Commission reported March 1 that the 2016 harvest was 270,000 tons, up 22 percent from the previous year.

Washington produces record harvest of wine grapes in 2016

By NICHOLAS K. GERANIOS
Associated Press

SPOKANE, Wash. — Washington state’s booming wine industry produced a record harvest of wine grapes in 2016 after cooler weather lengthened the growing season, officials said Wednesday.

Last year’s harvest in Washington, the second-largest producer of premium wines in the U.S., tallied 270,000 tons, beating the state’s previous record of 227,000 tons in 2014, according to the Washington State Wine Commission, which represents licensed wineries and wine grape growers.

As recently as 2012, the state produced just 188,000 tons of grapes.

California is by far the nation’s largest wine producer. A preliminary report for 2016 showed that farmers there grew 4 million tons of grapes, up 8.5 percent from the year before but short of a record. California’s final report on the grape crush is due March 10.

In Washington, the 2016 haul was up 22 percent from 2015. Red varieties outpaced white, totaling 58 percent of the harvest. Cabernet Sauvignon was the top variety.

“Not only did we see our biggest harvest ever, but it was a great harvest,” said Steve Warner, wine commission president. “The weather in eastern Washington cooled



Gordon King/Yakima Herald-Republic via AP, file

In this 2014 file photo, Yolanda Gil harvests Merlot wine grapes at the Dineen Vineyards in Zillah, Wash.

down a bit to extend the growing season and allow the grapes some extra time to mature on the vine.”

The state has more than 900 wineries, with most of the grapes grown east of the Cascade Range that runs through the middle of the state.

“Our growers and wine-makers are extremely excited about these wines,” Warner said.

It was too early to say if the record production will affect wine prices in the future, said Heather Bradshaw, a spokeswoman for the wine commission. Prices depend on the worldwide supply of wine and the quality of the vintage, among other factors, she said.

Production of red varieties showed a substantial increase over the previous year, at 39 percent, while white varieties grew by 3 percent. The largest share of the growth in reds

was Cabernet Sauvignon, the commission said.

“We attribute the significant growth of our red varieties, especially Cabernet Sauvignon, to a number of positive outcomes in 2016 compared with the previous year,” Warner said. “The 2016 harvest was the result of a near-perfect growing season and higher-than-expected grape yields.”

Plus, new vineyard plantings are beginning to produce fruit, a trend that’s expected to continue, he said.

Merlot was the second-most popular grape produced in Washington. Chardonnay was the top white and third overall, while Riesling was fourth.

Wine grape growers received an average of \$1,157 per ton for all varieties in 2016, an increase of \$12 over the previous year. Malbec was the most expensive grape, the commission said.

Visitor center honoring Harriet Tubman opening in Maryland

The Associated Press

A new visitor center honoring Harriet Tubman opens this weekend in Maryland, where Tubman was born a slave and later became a leading figure on the Underground Railroad.

The Harriet Tubman Underground Railroad Visitor Center, located in Church Creek, was built on a 17-acre site that preserves landscapes and waterways that would have been familiar to Tubman as a child and that she likely would have navigated as an adult leading other slaves to freedom.

The building is located along the Harriet Tubman Underground Railroad Byway and offers a view of the surrounding Blackwater National Wildlife Refuge. The Maryland Park Service and the National Park Service have partnered to manage the visitor center.

Displays in the center tell Tubman’s remarkable story. She was born a slave in Dorchester County in 1822. She did farm work, logging and other hard labor in fields and forests and was repeatedly beaten and whipped by her masters, even as a child. She was also hit in the head by a heavy metal weight thrown at another slave, an injury that resulted in lifelong seizures and headaches.



Dorchester County Tourism via AP

This Oct. 2016 photo shows the exterior of the Harriet Tubman Underground Railroad Visitor Center in Church Creek, Md.

Tubman ran away from her owners in 1849 but returned repeatedly to Maryland to lead members of her family and others to freedom, about 70 individuals in all. Nicknamed Moses, she guided them through the wilderness, using stars to navigate, and hid in friendly homes along the route north. Tubman also served as a spy and a nurse for the Union Army during the Civil War. In addition she led troops in a raid that freed over 750 slaves.

She settled in Auburn, New York, worked for women’s suffrage and established a home there for elderly African-Americans. The Maryland site is a sister park to the Harriet Tubman National Historical Park

in Auburn, which includes Tubman’s home and the Tubman Home for the Aged.

The new visitor center houses an exhibit hall, museum store, information desk, research library and restrooms. The building includes state-of-the-art environmentally sustainable elements such as rain barrels, green roofs and bio-retention ponds, which help remove contaminants and sediment from storm water runoff. Events scheduled for the grand opening include children’s activities, a program by a Tubman re-enactor, tours of a legacy garden and talks by rangers and others.

The center is about 90 miles from Baltimore or Washington, D.C.

Iconic rock arch falls into Malta sea

VALLETTA, Malta (AP) — The Azure Window, a natural rock arch which juttied onto the sea off Malta and was a backdrop for the “Game of Thrones” television series, has collapsed in a storm.

Malta Prime Minister Joseph Muscat tweeted his “heartbreaking” sadness at the loss Wednesday of one of the main tourist attractions on the island of Gozo.

No one was injured. Geologist Peter Gatt said the limestone pillar supporting the arch gave way.

He attributed the collapse to years of erosion by both under- and over-ground sea swells.

The window also served as a backdrop in the 1981 movie “Clash of the Titans.”



Caroline Hodgson via AP

This is a April 2014 image of the landmark the Azure Window located just off Malta. The natural rock arch jutting off the Maltese island of Gozo collapsed into the sea during a storm.

With parts of the rock formation crumbling over the years, the government

last month enacted \$2,300 fines for anyone caught walking across the arch.