

# Selena + RACHAEL RAY

EPISODE 4

## INGREDIENTS

### For Beer-Battered Fish:

Safflower or canola oil, for frying

1 cup all-purpose flour

1 bottle beer, (1 ½ cups) such as Peroni, Dos Equis or another lager style beer

1 egg, beaten

1 tsp each salt and pepper (fine sea salt or kosher salt, already ground pepper)

1 tbsp granulated garlic

½ tsp granulated onion

A palmful and a half of Old Bay seasoning

2.5 pounds cod (thick pieces from the center), cut into 6 oz. portions (this is for 6 people)

Malt vinegar, for serving

### For Tasty Tartar Sauce:

1 cup Greek yogurt (not low fat or no fat)

2 tbsp Dijon mustard

Juice of 1 lemon

1 tsp light agave or Acacia honey

¼ cup chopped dill

3 tbsp capers, chopped

¼ cup pickle relish

Salt and pepper



## BEER-BATTERED FISH WITH TASTY TARTAR SAUCE

### DIRECTIONS:

#### For Beer-Battered Fish:

1. Place a large cast iron skillet or a deep stainless steel fry pot over medium heat with 2.5 inches of oil. Heat oil to about 350 degrees and try to maintain that temperature.
2. While the oil is heating, in a large mixing bowl, add the flour, beer and beaten egg and stir until just combined - do not over-mix. Stir in salt, pepper, granulated garlic, onion and Old Bay.
3. Season the fish with salt and pepper and add a few pieces at a time to the batter bowl. Remove one piece at a time, making sure it is well coated with batter, but allowing any excess to drip off and gently place in the hot oil. Repeat with the remaining pieces. Let cook until golden brown, approximately 3-5 minutes
4. Remove the cooked fish from the oil using a spider and place on a parchment-lined baking sheet with a wire rack set over the top.

#### For Tasty Tartar Sauce:

In a small bowl, mix up the sauce: yogurt, mustard, lemon juice, agave or honey, dill, capers, cornichons or relish, salt and pepper.