

## Fillets of plaice in spicy ginger beer batter with chilli minted mushy peas

Demonstration dish for Fish & Ships Festival, Whitby May 2019

**Serves 2**

2 fillets of Plaice, each fillet cut into two

**For the batter**

200g plain flour  
1 tsp cayenne pepper  
2 tsp baking powder  
1 can ginger beer  
salt & pepper  
1 tbsp oil

**For the peas**

200g frozen peas  
tsp oil  
20g butter  
1 shallot, finely chopped  
1 red chilli, deseeded and sliced  
1 garlic clove, chopped  
fresh mint

seasoned flour

**For the batter**, mix all the ingredients together to form a smooth batter the consistency of double cream

**For the peas**, blanch the peas in boiling salted water along with some of the fresh mint.

Saute the shallots, chilli and garlic in the butter and oil until soft. Add the drained peas and mash with a fork until crushed and combined. Season.

**To cook the fish**, dust the fillets in the seasoned flour and shake off any excess. Dip into the batter then cook in hot oil for 3-4 mins until golden brown & crisp.

**To plate**, place a pile of the peas in the centre of a plate and sprinkle with a little chopped mint. Place the fish fillets on top and serve with lemon or lime wedges