

Batter - Crispy

This recipe will make enough crispy batter for 259g/9oz of prepared chicken, or prawns or white fish. The batter will take you 15 minutes to make, plus 1 hour proving time. Then a cooking time of 5 minutes for each batch of food, with a deep frying temperature at 170oC.

Ingredients for the Batter

1 packet 110g/4oz of Glutafin Gluten Free Multipurpose White Mix
1 x 5ml tsp of dried yeast (in a sachet with the Mix)
1 x 15ml tbsp of vegetable oil
125ml/¼ pint of hand hot, water
2 litres of vegetable oil, for deep frying (groundnut oil is ideal)

Prawns

12 Large tail or Tiger Prawns (raw, peeled)
1 x 15ml tbsp of Glutafin Multipurpose White Mix
½ 5ml tsp of mild Chilli powder

To serve

Sliced Lime and sweet Chilli Sauce

Fish Shop Fish

250g/9oz of Cod or Haddock, cut into large chunks
1 x 15ml tbsp of Glutafin Multipurpose White Mix

Method

1. Prepare the batter. Place the Glutafin White Mix and the yeast into a large mixing bowl. Stir together with a fork.
2. Add the oil and the water and mix with a fork, to make a smooth batter, then cover and set aside in a warm place, for 1 hour until frothy.
3. When the batter is ready, preheat the deep fat fryer to 170oC.
4. Combine the White Mix with the seasoning, if used and dust the prepared prawns/chicken or fish, with the mix.
5. Then immerse one piece of dusted food, at a time, into the batter and deep fry for 4 - 5 minutes, turning half way, until the batter is golden and puffed. Do not use the fryer basket as the batter sometimes sticks to it.
6. Remove the cooked food, with a slotted spoon and drain onto kitchen paper, to remove surplus oil.
7. Serve the cooked prawns with Chilli sauce and Lime, the chicken nuggets, with dips or ketchup, and the Fish Shop Fish with traditional accompaniments of lemon, salt, vinegar and mushy peas.