

## DOVER SOLE FISH & CHIPS

*Chef Bob Broskey*

*Serving Size: 2*

### INGREDIENTS

- 4 Dover Sole Filets (2.5oz)
- ½ cup Cornichons
- 4 Medium Yukon Gold Potatoes
- 1 cup Rice Flour
- 2 cups Masa Harina, such as Maseca
- 4½ cups Cold Water
- 4 cups Vegetable or Canola Oil
- 3 tbsp Extra Virgin Olive Oil
- ¼ tsp Sea Salt + more to season
- Black Pepper
- 1 Lemon, zested
- ½ tsp Dried Oregano



### TOOLS

- Blender or Immersion Blender
- Dutch Oven
- Roasting or Cooling Rack



## METHOD

### CRISPY CHIPS

1. Preheat oven to 425°F
2. Peel Yukon Gold potatoes and cut into wedges
3. Toss potatoes with 1 tbsp of olive oil, a pinch of sea salt and 1 grind of black pepper
4. Roast for 18-22 minutes until cooked through and crispy
5. Immediately toss with olive oil, half the lemon zest and dried oregano
6. Set aside to serve with the Dover Sole

### MASA TEMPURA

1. Place 2 cups Maseca (dried masa flour), 4 ½ cups cold water and 1 Tbsp kosher salt in a blender and blend on high for 1 minute
2. Transfer to a container and place in the refrigerator for at least 6 hours
3. After 6 hours, remove from refrigerator and whisk

### DOVER SOLE FRIED FISH

1. Heat vegetable or canola oil to 375°F in a dutch oven
2. Lightly dredge fish filets and cornichons with the rice flour
3. Working in small batches, dip the fish filets and cornichons into the Masa Tempura Batter
4. Once covered in the Masa Tempura Batter, immerse the fish and cornichons into the hot oil for 4 minutes, turning once halfway through using tongs, until golden brown. Be sure not to crowd the filets.
5. Drain the fish and cornichons on a roasting or cooling rack
6. Before cooling, season with sea salt and lemon zest
7. Plate with the Crispy Chips and serve warm with a lemon wedge and your favorite tartar sauce

