

Best Shore Lunch Fish Fried Recipe

It's well known the master chefs of shore lunch have their own rituals and traditions but, there's always room for a bit of exploration – like this amazing fish recipe! It's a tempura-style batter that will turn out some of the best campsite fried fish you ever tasted.



INGREDIENTS

- ¾ cup cornstarch
- ¼ cup all-purpose (white) flour
- 1 tsp. baking powder
- 1 tsp. salt
- ¼ tsp. finely ground pepper (use white pepper if you want the batter to stay white)
- 1 egg
- 1 cup cold fresh water or sparkling water (melted water in bottom of cooler works great if it's clean)
- 1-2 cups ice cubes

10. Remove fried fish fillets and place on plate covered in folded paper towel. Allow to rest for a couple minutes on paper towel. Change paper towel frequently as to not return oil to the fillets.

11. Make sure oil temperature comes back to at least 350 before starting next batch.

12. Serve with favorite sides and condiments.

Getting the oil temperature right is important. If it's too hot it will scorch and could even start on fire. If it's not hot enough, the batter will absorb oil and become greasy. A cooking thermometer makes this much more precise.

When you lay the battered fillets into the oil, hold them submerged in place for about 10 seconds before releasing. This allows the batter to set so less will float up and eventually burn in the oil. A long handled tongs in necessary to do this.

Between batches, skim the floating excess batter off the top of the oil and discard it. This will keep the oil at peak quality the longest.

DIRECTIONS:

1. This batter recipe works well with any kind of solid white-fleshed fish such as perch, crappie, bluegill, and walleye. Also consider it for other seafood and vegetables – especially onion rings.
2. Use high smoke point cooking oil like peanut oil (enough to get several inches in bottom of Dutch Oven)
3. Before you leave home, in a large bowl mix together dry ingredients in proportions above. (You can multiply this to make enough to last for several meals and just portion it out about 1 cup per meal at camp.)
4. Store mixed dry ingredients in a re-sealable zipper top bag.
5. To prepare for cooking, stir together 1 cup of mix with the beaten egg and 1 scant cup of ice cold water in a bowl large enough for dipping fish fillets. Stir just enough to blend and remove any lumps.
6. Judge the thickness of this batter – YOU WANT A VERY THIN MIX. Too thin is better than too thick as long as it will mostly stay on the fillet when you dip it.
7. Add ice cubes and stir just a bit more. Allow to chill thoroughly. Add more ice cubes as needed to keep the batter really cold.
8. Transfer directly to oil, being careful to lay the fillets in away from you. Do not overcrowd the kettle. As you carefully place the filets into the oil, lay them away from you to avoid splatters, and hold onto them for a few seconds before releasing them. This allows the batter to set on the filet, so less comes off into the oil.
9. Deep fry each batch for 2-3 minutes, turning often until the batter puffs and takes on a golden brown color and crispy crust.