

## PREPARATION INSTRUCTION OF CRISPY FISH PIECES



### 1. PREPARATION OF THE FISH MARINADE

Prepare:

- Fish fillet – fresh or frozen (defrost before marinating)
- cold water
- *Holly Powder* fish marinade (150g packaging)

Measure the exact amount (according to the table below) of cold water and the *Holly Powder* fish marinade. Mix it thoroughly so that all ingredients are dissolved. Prepare the fish pieces. Put them into a bowl and pour the prepared marinade over the fish. Put the fish in the fridge for at least 1 hour. Turn the fish in the marinade from time to time.

| Fish fillet in kg | Marinade in g | Water in ml |
|-------------------|---------------|-------------|
| 1                 | 30            | 600         |
| 2                 | 60            | 1200        |
| 3                 | 90            | 1800        |
| 4                 | 120           | 2400        |
| 5                 | 150           | 3000        |

### 2. SEASONING

Prepare:

- *Holly Powder* fish seasoning (200g packaging)

Cover evenly the pieces of fish with small amount of the *Holly Powder* fish seasoning. Dose accordingly to your preferences. After seasoning the fish is ready for coating and frying.

### 3. COATING

To coat the fish you need:

- *Holly Powder* coating
- container for the coating
- the sieve (for larger amounts of fish to remove the excess coating)
- container with water

Put the marinated and seasoned pieces of fish **in the coating**. Turn the pieces in the coating pressing the coating strongly – bending the fish delicately. Take one piece in each hand at the same time. Lift them so that they are hanging downwards, keep the fish pieces apart - but bang your wrists together, so that some excess coating falls off (for larger amounts of fish use the sieve). Dip the pieces of fish **in water** for about 5 sec., put them back into the container with **the coating**. This time turn them without pressing too hard so that the coating remains “puffy”. Take one piece in each hand at the same time and bang your wrists together once again in order to get rid of the remaining excess coating. The fish is now ready to be fried. Notice: after the second coating do not use the sieve.

### 4. FRYING

Heat oil in the deep fryer to 170°C. Put the fish pieces in the frying basket in such a way that they do not touch each other. Put the basket into the deep fryer. Fry the fish in deep oil. Serve straight away after frying.

Approximate time of frying in a common deep fryer:

Fish fillet – about 4 min.

Information: The coating looks best on white fish without skin. If you are preparing high quality fish it is possible to season it only with salt and pepper before coating.

For coating instruction please watch the video at [www.hollypowder.com](http://www.hollypowder.com)