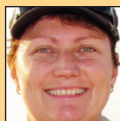




Recipe



by MELISSA FROHLOFF

Salt and vinegar crumbed whiting

Ingredients

- 170g Smiths salt and vinegar chips
- 700g butterflied winter whiting fillets
- 1 cup plain flour
- 2 eggs

Method

1. Cut a large corner off the salt and vinegar chip packet. Using a rolling pin, finely crush the chips while they are still in

the packet.

2. Place flour in a plastic bag. Whisk egg in a shallow dish.

3. Place a few whiting fillets in a plastic bag, coat in flour and shake off the excess. Then coat in egg, followed by salt and vinegar crumbs.

4. Deep fry fish in rice bran oil until golden and serve with chips.

Serves four to six

Tip

By using your favourite flavour of chips you can create your own taste in crumbs.