

# **Fishwiches**

Rachael Ray

Every Day with Rachael Ray Magazine - May 2012

**Servings: 6**

## **TARTAR SAUCE**

**1 cup mayonnaise or vegenaïse**

**1/2 lemon, juiced**

**3 tablespoons cornichons or pickles, finely chopped**

**2 tablespoons shallots, grated**

**2 tablespoons capers, chopped**

**2 tablespoons fresh dill, chopped**

**2 tablespoons flat-leaf parsley, finely chopped**

**1 teaspoon Worcestershire sauce**

**1 teaspoon hot sauce**

**salt and pepper**

## **FISH**

**2 pounds cod or other sustainable firm, flaky white fish, cut into 4- to 5-inch chunks**

**salt and pepper**

**Wondra flour (for dredging)**

**1 bottle lager beer**

**2 cups all-purpose flour**

**2 tablespoons Old Bay seasoning**

**1 egg beaten**

**1 teaspoon baking powder**

**6 ciabatta or brioche rolls, split, buttered and toasted**

**shredded iceberg lettuce or cabbage**

Fill a deep skillet with enough oil to reach a depth of 2 1/2 to 3 inches (or use a deep fryer). Heat the oil to 375 degrees.

Make the tartar sauce: In a small bowl, combine all of the ingredients and season with salt and pepper.

Season the fish with salt and pepper and coat lightly in Wondra.

In a large bowl, whisk the beer, all-purpose flour, Old Bay, egg and baking powder.

When the oil is hot, working with two pieces at a time, dip the fish in the batter and fry until dark golden, 4 to 5 minutes.

Place the fish on the roll bottoms. Layer with lettuce (or cabbage), lots of tartar sauce and the roll tops.

---

Per Serving (excluding unknown items): 157 Calories; trace Fat (2.5% calories from fat); 4g Protein; 33g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 137mg Sodium. Exchanges: 2 Grain(Starch); 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.