

Simone's Battered Fish & Mushy Peas, paired with Equipo Navazos La Bota 59 Manzanilla Pasada

Ingredients

For fish

- 1 cup self-raising flour
- 1/2 teaspoon salt
- 1 cup (250ml) soda water, or beer (make sure it's cold)
- 1000ml vegetable oil, for deep frying
- 4 pieces boneless white fish, I used cod

For mushy peas

- 250g of frozen peas, any will do
- 25g of butter
- ½ lemon
- Pinch of salt
- Sprig of fresh mint



Admittedly, I'm not very interested by chips so I used frozen. I applaud anyone who is more creative. The battered fish and mushy peas are super quick to make, about 5 minutes of prep and 10 minutes to get everything cooked, so I put chips in the oven 20 minutes before I got started.

Method

Cook frozen peas in a saucepan while you get started on the fish batter.

Take a large mixing bowl and combine the flour and salt. Gradually add the soda water or beer, make sure to mix well and there are no lumps.

Take a large saucepan or wok and pour in the oil. Test the oil to see if it's hot enough using a bit of bread – if you make a crouton in under 10 seconds it's ready.



Dip your fish, one at a time, into the batter to evenly coat and deep-fry for 3-4 minutes or until crisp and golden. Transfer to a plate lined with paper towel.

Repeat with remaining fish pieces, reheating the oil between batches.

Strain your peas and in the same saucepan add butter, mint, salt and juice from the lemon. Mash with a fork or masher.

Plate up!



Pairing

Crispy battered fish is a delicious accompaniment with La Bota 59. This wine is on the richer, more powerful side of the Manzanilla scale with plenty of salinity, but also some elegant oxidative character as well. The reason why this wine has singularity and unmatched biological character for a manzanilla is the way the butts were filled - almost up to a tocadodos (within finger reach from the top)—which is well above the customary 5/6 tocadodos in the Sherry region. This way, the yeast layer or “flor” (truly weakened now by the wine’s age and lack of nutrients) in these butts is more reduced and can be maintained with those scarce refills. It still performs its function as physical barrier against the wine’s oxidation, but in its diminished state it cannot be fully effective and so this manzanilla offers elegant oxidation notes and a budding rise in its alcohol level, at about 16%. The average age of this wine is around 15 years.

Get in touch if you’d like to try this wine. Or send me your own home attempts of battering fish! simone.williams@alliancewine.com

