

The Best Fried Haddock At Home – Fish N’ Chips Style

Wild caught haddock harvested from the North Atlantic with our *Secret Tips & Tricks*

Tools & Ingredients you will need:

- A home fryer, or 6qt heavy pot if you do not have a home fryer
- Candy thermometer that reads up to 400F
- 2 quarts of frying oil of your choice, or enough oil to cover the haddock completely when frying
- Breeding Basket – To shake off excess breading from the haddock
- 12qt bowl – for the breading
- 1.5 cups of Intershell Seafood Breading
- 2# Intershell Haddock Fillets – Defrosted if frozen
- A plate lined with paper towels to absorb the oil from the fried haddock
- Lemon wedges, tartar sauce, & French fries – For serving



Serves 3-4 People

Cook time: +/- 3 Minutes per batch. Fry until golden brown

Cooking Instructions:

Small batches are recommended! We find that cooking Intershell’s haddock in about 3 batches (or more) will give you good results without letting the haddock stick together or lose their breading as the frying occurs.

1. Heat 3 inches of oil to 375 Degrees F in your home fryer or stove top pan. Use the thermometer to check the oil temperature.
2. Into a 12qt bowl, dump the breading.
3. Prop the basket up to one side of the bowl.
4. Moisten the haddock pieces with water before dropping them into the bowl with the breading.
5. Drop about 3-4 pieces of haddock in the breading and carefully - with your fingers – coat the haddock with breading making sure all the haddock pieces are covered and separate.
6. Toss the breaded haddock in the basket, and lightly shake the basket with the haddock in it to remove the excess breading before frying. **Make sure the haddock pieces are completely coated, separated from one another, and don’t get stuck together.**
7. Transfer the ‘shaken’ haddock into the fryer basket and carefully drop it into the 375F frying oil. Cook for approximately 2 - 3 minutes until golden brown, remove the haddock pieces from the frying oil.
8. Carefully spread the haddock on the paper towel lined plate and repeat steps 6 & 7 to cook the rest of haddock pieces in 3 more batches. Do your best not to overcook!
9. Serve while hot with tartar sauce, fries, and lemon wedges for a Fish N’ Chips style dinner. You will have a pile of haddock for 3 or more so get to it and have that summer New England taste right at home.

Try this recipe with our frying clams, scallops, and clam strips too!