Generally you might expect to be able to get Battered and Breaded meat and fish either chilled or frozen. But the Gluten free options are really quite poor and very expensive. So we?ve been tinkering. We?d already got the Batter part of the gig sorted, but sometimes you just fancy that crispy bite.

Often Gluten Free recipes suggest an Egg wash to secure the Bread Crumbs. But that doesn?t hold any flavour you?ve imparted into the meat and the Crumbs often float off and ruin your Oil.

We think it?s fair to say we?ve fixed it!

These are approximate measures because the amount of Batter you need will depend on the quantity of Meat or Fish you are battering. The ration of Cornflour to Gram Flour is the most important part.

Batter Mix:-

1 Part Gram Flour to 3 Parts Cornflour
1 Tsp of Garlic Granules
¼ Tsp of Asafoe Tida (If it?s pure from a wholefoods shop go steady with it!)
1 Tsp of Hot Chilli Powder
1 Tsp of Baking Powder
Salt & Pepper to season
Soda Water ? Sufficient to make a thick batter

Bread Crumb Mix:-

Wuzzed up Bread (Gluten free for us)
1 Tsp of Mixed Herbs
Salt & Pepper to season

Cornflour to dress the meat.

Method:-

(1) Marinade your Meat or Fish to suit the style of your meal.
(2) Whisk all the batter ingredients for make a thick batter.
(3) Heat a fryer to 170c.
(4) Dredge the Meat / Fish in Cornflour.
(5) Dunk individual pieces in the Batter.
(6) Coat in the seasoned Bread Crumbs.
(7) Fry in small batches until golden brown.
(8) Remove and drain.
(9) When you have fried everything re-dunk so they are all at a universal temperature, drain and serve.

This recipe works really well with Chicken, Pork, King Prawns etc. But be aware that it really bulks out the quantity of the finished product, so you might need to reduce the amount of Meat / Fish you would expect to use. Or just snack on them for breakfast, as we do!!!!!