

Make Battered Ika

A TASTY IKA RECIPE TO TRY!

This battered ika is sure to be a whānau favourite.

YOU WILL NEED

- A fry pan, medium bowl, wooden spoon and spatula
- 2 fresh fish fillets, ½ cup flour, 1 egg, ¼ cup milk, a pinch of salt, and 4 tablespoons of oil

WHAT TO DO

1. If needed, clean, scale, gut and fillet your ika.
2. Break your eggs into the bowl, then add the milk and beat well.
3. Add the flour and a pinch of salt, then beat to form a smooth batter.
4. Heat your pan to medium, and add the oil.
5. Wash your ringa (hands) and dip your ika into the batter, covering it thoroughly then gently shaking to remove any excess.
6. Carefully place your battered ika into the hot pan and cook for three minutes on each side, turning with your spatula.
7. Finally, turn off the element and serve up!
8. Your battered ika fillets are now ready to enjoy.

He kai kei āku ringa

I have food at the ends of my hands