

Betty's Batter-Dipped Fish Poor Boy Sandwiches

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In this video, Betty demonstrates how to make Batter-Dipped Fish Poorboy Sandwiches (using Tarragon-Chive Sandwich Spread.) This is a delicious and fun sandwich to make!

Ingredients:

1 recipe of Tarragon-Chive Sandwich Spread (from bettyskitchen—ingredients are listed below.)
1 recipe of Deep Fry Batter (from bettyskitchen—Betty's Batter-Dipped Fried Chicken Nuggets—ingredients are listed below.)
1 pound (or more) uncooked fresh cod fish fillets
salt and pepper, to taste
peanut oil for deep-frying
submarine-style sandwich buns, as needed
fresh washed lettuce leaves

Ingredients for Tarragon-Chive Sandwich Spread:

1 cup mayonnaise
3 tablespoons lemon juice
1 tablespoon Dijon mustard
1 tablespoon sweet pickle relish
½ teaspoon hot sauce
1 teaspoon chopped fresh chives (or 1/3 teaspoon dried chives)
1 teaspoon chopped fresh tarragon (or 1/3 teaspoon dried tarragon)



Ingredients for Deep-Fry Batter:

1 teaspoon active dry yeast
¼ cup lukewarm water (105 to 115 degrees F)
¾ cup water
1 egg, well-beaten
1 cup all-purpose flour
½ teaspoon salt

Mix together Tarragon-Chive Sandwich Spread. Cover with plastic wrap and refrigerate until needed. Mix together Deep-Fry Batter in a blender, as instructed. Pour it into a bowl, and let it sit at room temperature for 1 hour to let the yeast rise. Cut cod fish fillets into sandwich-size portions. Salt and pepper fish to taste. Place in a bowl, cover with plastic wrap, and refrigerate until ready to fry. You may let the fish sit at room temperature for about 10 minutes before coating and frying. When you are ready to fry your cod fish fillets, bring 1-inch of peanut oil to 350 degrees in a deep heavy pot. Use tongs to deep one fish fillet into the Deep-Fry batter. Let any excess batter drip off before placing the fillet into hot oil. Place the fillet in the hot oil and release it. Continue with as many as you wish to fry in any individual batch. The fillets will naturally rise to the top of the oil in about 4 minutes. You may use your tongs to turn them to check for brownness on both sides. When the fish is brown on both sides, use tongs to remove it from the hot oil. Let any excess oil drip back into the pot and place the fillet on paper toweling to drain. Continue with remaining cod fillets, until all are battered, fried, and drained. Now, assemble your poorboy sandwich. For each sandwich, cut the submarine-type bun all the way through. Spread the cut side of the bottom half-bun with Tarragon-Chive Sandwich Spread. Place a hot batter-dipped deep-fried cod fish fillet on top of the sandwich spread. Place a fresh lettuce leaf on top of the fish fillet and cover with the top of the submarine-type bun. Serve immediately! YUM!!!
--Betty