Template for your abstract:

**Title Calibri 14 bolt …. Fish and chips with mushy peas …**

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Text Calibri 12: ….. To make the batter, sift the flour and a pinch of salt into a large bowl and whisk in the lager to give a thick batter, adding a little extra beer if it seems over-thick. It should be the consistency of very thick double cream and should coat the back of a wooden spoon. Season with salt and thickly coat 2 of the fillets with the batter. Carefully place in the hot fat and cook for 8-10 minutes until golden and crispy. Remove from the pan, drain and sit on a baking sheet lined with greaseproof paper, then keep warm in the oven. To make your mushy peas, put the butter in a pan with the peas and the chopped mint. Put a lid on top and simmer for about 10 minutes. Add a squeeze of lemon juice and season with salt and pepper. You can either mush the peas up in a food processor, or you can mash them by hand until they are stodgy, thick and perfect for dipping.

For the chips, peel the potatoes and cut into whatever size you prefer. Wash well in cold water, drain and pat dry with a clean tea towel. Put the potatoes into the fryer and allow them to fry gently for about 8-10 minutes, until they are soft but still pale

References Calibri 12:

PRL,104,23,(2010),

Nano Lett,8,11,(2008)