

Low-FODMAP Breaded Fish for Fish and Chips; Gluten-free, Dairy-free

Although this recipe has not been lab tested, a single serving should be low-FODMAP based on the ingredients, using FODMAP data at time of posting

Prep time: 10 minutes

Cook time: 10 minutes

Total time: 20 minutes

Serves: 4

Ingredients

- Canola or vegetable oil for frying (or your preferred oil with high smoke-point)
- 2 cups low-FODMAP, gluten free, all-purpose flour (any type works well that I've tried)
- 1 tablespoon baking powder
- 1 tsp salt
- 1 large egg, lightly beaten
- 1 can soda water/Club soda
- 1/2 cup Gluten free Bisquick (see my [Low-FODMAP Recipe Swap blog](#) for a copycat recipe)
- 16 ounces of fresh or defrosted cod, or haddock, cut into pieces about 4 ounces size

Garnish:

- Lemon wedges
- French fries (obviously)- make your own or buy your favorite!
- Condiments white vinegar, [Low-FODMAP tartar sauce](#), [Low-FODMAP ketchup](#), [Low-FODMAP ranch dressing](#), [Low-FODMAP no-honey dill dip](#) or [Low-FODMAP secret/special sauce](#)
 - Note: malt vinegar may contain gluten; avoid unless you know your brand is gluten-free

Directions

- Heat oil in large pan or deep fryer
- In a large bowl combine the low-FODMAP flour, baking powder, salt, pepper and egg
- Pour in the club soda and whisk until smooth to create a batter
- Spread the gluten-free Bisquick on a plate
- Dredge the fish in the Bisquick and then dip into the batter, letting excess drip off
- Submerge the fish in the hot oil for 4-5 minutes until crispy and brown
- Drain on paper towels and sprinkle with salt
- Serve with your favorite low-FODMAP condiments! Super easy!