



## FISH & CHIP SUPPER

#FryAndMakeADifference

Spinal Injuries Association @spinalinjuries  
 @spinal\_injuries Spinal Injuries Association  
Tel: 01908 604 191 Email: [sia@spinal.co.uk](mailto:sia@spinal.co.uk) [spinal.co.uk](http://spinal.co.uk)

**sia** spinal  
injuries  
association  
for life after spinal cord injury

# GET INVOLVED

## WHEN?

**World SCI Day** (5 September 2021). But there is never a wrong time to suggest a fish and chip supper, so no matter when you choose to take part, tuck in and help us **#FryAndMakeADifference**.

## WHAT?

**We will be bringing families, friends, and colleagues together** to take part in our annual fish and chip supper. Fun and accessible, you can take part however you want to.

## WHY?

**To help spinal cord injured people lead fulfilled lives.** Find out how you can host your fish and chip supper on page 2.



**£10**

SUPPORT  
LINE CALL



**£50**

PEER-LED  
SUPPORT



**£100**

PHONE CONSULTATION  
WITH AN SCI NURSE  
SPECIALIST



**£200**

CRUCIAL  
ADVOCACY  
WORK



Help spinal cord injured people lead fulfilled lives

[spinal.co.uk](http://spinal.co.uk)



# HOSTING YOUR FISH AND CHIP SUPPER



1

## Host a fish and chip supper with friends and family

You can host your fish and chip supper by supporting your local chip shop, cooking your own (how about trying our recipes), or visiting a local restaurant. Remember to ask them to donate more than your costs so you can raise vital funds.

2

## Involve your community group, workplace or teammates

Get a larger group of friends, teammates or club members involved in an event, or approach your colleagues about hosting a fish and chip supper at the office. Perhaps you can persuade your boss to treat your team to lunch so that everything you and your colleagues raise goes to ensuring a fulfilled life for everyone affected by spinal cord injury.

3

## Canvas your local chippy for support

Visit our website to download a letter to encourage local businesses to get involved.

## TELL US YOUR PLANS

Our fundraising team will be on hand to help you host a fabulous fish and chip supper.

Email [fundraising@spinal.co.uk](mailto:fundraising@spinal.co.uk)  
or call 01908 604191



HAVE FUN AND RAISE MONEY FOR US

## HELP US MAKE A SPLASH

We need you to help us spread the word. Fundraising doesn't have to be hard, and you don't have to run a marathon or jump out of a plane. It can be as simple as eating fish and chips. With your help, we can get people around the country supporting us and enjoying a great British classic.



#FryAndMakeADifference





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# RECIPES FOR SUCCESS

HAVE FUN AND HELP RAISE MONEY FOR US

## FISH AND CHIPS (SERVES FOUR)

### INGREDIENTS

- 1kg potatoes peeled and cut into chips
- 2tbsp olive oil/oil spray
- 60g fresh breadcrumbs
- 3tbsp fresh parsley, chopped
- Zest of lemon
- 1 lemon cut into 4 wedges
- 4x150g sustainable fish fillets
- 1 egg
- 4tbsp plain flour
- 1tsp dried dill
- American chip spice
- Salt and pepper

### METHOD

Place chipped potatoes into pan of cold water, bring to boil then drain, refresh in cold water and dry. Spray oil/olive oil the part-cooked chips, season with salt, pepper, chip spice and cook in oven for 30-40 minutes at 200C. Turn after 20 minutes and cook until crispy and golden.

In a blender, make breadcrumbs, add parsley, dill and lemon zest.

Flour, egg and breadcrumb the fish. Oil oven tray, add the fish and bake for 12 minutes 200C.

Serve with mushy peas and tartare sauce.

Use the 2 SCI Chef's recipe for tartare sauce or buy your own.

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## FISH & CHIP SUPPER

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### BANANA BLOSSOM "FISH"

#### INGREDIENTS

- 1 can banana blossom
- 70g plain flour
- 30g rice flour (plus 30g extra for dusting)
- 1tsp onion powder
- 1tsp garlic powder
- Salt and pepper
- 80ml sparkling water
- Handful of crushed ice
- 1 litre of vegetable oil

#### METHOD

Drain the banana blossom and season with salt and pepper. In a large mixing bowl, combine 70g of plain flour and 30g of rice flour with the garlic and onion powders, season with salt and pepper. Place an extra 30g rice flour in a shallow dish for dusting. Dust each piece of banana blossom with the rice flour.

Heat cooking oil to 180C for frying.

While the oil is heating, add sparkling water to the flour mixture, then mix in the crushed ice to make a medium consistency batter. Immerse each piece of the dusted blossom into the batter then gently and safely place the blossom into the hot oil releasing it away from you. Fry for approximately 8 minutes. Gently remove the cooked blossom with a slotted spoon and place on kitchen paper. The batter should be light golden.

Serve with hasselback potatoes and Tony's vegan tartare sauce.

### TARTARE SAUCE

#### INGREDIENTS

- 200g mayonnaise
- 1 finely chopped shallot/spring onion
- 1tbsp capers
- 2 gherkins finely chopped
- 2tbsp horseradish sauce
- 1tbsp strong mustard
- 3tbsp chopped parsley
- 1tbsp lemon juice
- Cracked black pepper

#### METHOD

Chop onion, capers, gherkins and parsley. Mix together with the zest and juice of half a lemon. You can use a blender to save chopping and mixing.



MAKING FRIDAY NIGHT FUN FOR ALL THE FAMILY

### HASSELBACK POTATOES

#### INGREDIENTS

- 300g baby potatoes
- 2tbsp oil
- Salt and pepper

#### METHOD

Preheat oven to 190C.

First, wash 300g of potatoes. To get the hasselback look, put a potato in between 2 wooden spoon handles and cut downwards without cutting fully through. This way the potatoes will fan out and go golden and crispy. Place the potatoes on a pre-oiled oven tray and sprinkle over olive oil and season with salt and pepper. Bake for 55 minutes.

### TONY'S VEGAN TARTARE SAUCE

#### INGREDIENTS

- 250ml vegan yoghurt
- 3 small gherkins, finely chopped
- 1tbsp capers, drained and finely chopped
- 1tsp dijon mustard
- Salt and pepper

#### METHOD

Combine all ingredients and mix together. Season with salt and pepper. You can use a blender to save chopping and mixing. Keep chilled.



INNOVATE SUPPORT INSPIRE

f 2 SCI Chefs

Tony and Jon, aka **The 2 SCI Chefs**, have shared some of their favourite recipes to help you host a fantastic fish and chip supper. They have two things in common – they are both trained chefs and each of them lives with a spinal cord injury. They share recipes, host cookalongs and have created a wonderful community through their Facebook group.





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# World SCI Day

Sunday 5 September

## Host a fish and chip supper

and help rebuild lives  
after spinal cord injury



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HAVE FUN AND RAISE MONEY FOR US

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