

LIFESTYLE

Chips celebrate milestone 150th

CHIP lovers around the country will need no excuses to head to their local chippie this month, as the much loved takeaway food celebrates a milestone 150th birthday.

According to the National Federation of Fish Friers in Britain, the chip can trace its origins back to 1860, when the Malin family of London first started frying chips in their home.

It is thought that 13-year-old Joseph Malin came up with the concept of selling the chips with battered fish to the poor living in London's West End.

However, not everybody agrees with the National Federation of Fish Friers. Some credit a British entrepreneur, John Lees, with starting the fish and chip craze when he began selling them out of a wooden hut.

According to another theory, chips were invented as a substitute for fish rather than as an accompaniment.

Belgian housewives were said to have first begun cutting up potatoes in the shape of fish, when local rivers were frozen over and real fish could not be found.

Regardless of whom you believe, there is no doubt that fish and chips have come a long way since their humble beginnings.



A healthier option: Dizzy's fish and chip shop owners Faye and Derek Burtenshaw were encouraged by Heart Foundation Heart Health Advocate Nicola Mason to complete a certificate of achievement to cook a healthier chip through the thechipgroup.co.nz website, who work with the food service industry to increase the quality of chips made in New Zealand.

Photo: Belinda Jenkins

For generations, fish and chips have been popular from feeding the masses during World War Two through to being eaten on holiday at the family crib.

Locally, chips even have their own champion in the form of the The Chip Group.

The Group works with the food service industry to increase

the quality of chips made in New Zealand by promoting best frying practices.

Thehip Group chairperson Glenda Gourley said she was pleased chips had reached such a milestone birthday.

"It's great to see some international recognition for chips as they've been around for a very long time and are hugely popular. In New Zealand alone, Kiwis consume approximately 7 million servings of chips each week.

"While technology has ensured that they have come a long way from the heavily fat-laden and greasy dish they began as, we believe they can only get better through improved cooking practices."

In line with that approach, The Chip Group has worked with chip shop operators and the hospitality sector to develop a set of Industry Standards (NZ) and online training, to help perfect cooking techniques and improve the nutritional status and quality of chips.

"Our research shows that not only does the quality of the chip improve when cooked according to the Industry Standards, but consumers also prefer the taste of chips when they are cooked this way."