

Fish and chips:

An article in the Independent newspaper (2015) suggests that: 'Battered fish first came to this country with the 16th-century Portuguese Marranos, who, though posing as Christian, were Jewish, and so fried their fish in egg and breadcrumbs on Friday to eat cold on the Sabbath, when the Mosaic laws forbade cooking. The batter preserving the fish and stopping the oil ruining the flavour. It was called fish in "the Jewish manner".'

'The credit for bringing the two (The fish and the Chips) together, for turning them into "the good companions" as Winston Churchill had it, goes either to a Lancashire-based entrepreneur who dispensed them wrapped in newspaper from a wooden hut in Mossley in about 1863 or Joseph Malin, an Ashkenazi Jewish immigrant, who opened up a shop in Bow in 1860.

The National Federation of Fish Friers also affirms that : 'Fried fish was first introduced to London by Jewish immigrants from Portugal and Spain probably as far back as the 17th Century. American President Thomas Jefferson described eating 'fried fish in the Jewish fashion' on a visit to the capital at the end of the 18th Century and even Charles Dickens makes reference to a fried fish warehouse in Oliver Twist.

[Portuguese-Jewish exiles turned chips with fish into our national dish | The Independent | The Independent](#)