



Name

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Recipe Title

Good Ol' English Fish Goujons with Tartar Sauce

Recipe Ingredients

For the goujons:

3 cod fillets (haddock/pollock/white fish may also be used)

4 slices of white bread

1 egg

50g plain flour

Salt and pepper

1 bottle of cooking oil

For the tartar sauce:

150g mayonnaise

100g finely chopped dill pickles

1tbsp of dill OR chopped parsley

1tsp lemon juice

Sprinkle of salt and pepper

Garnish:

Lemon wedges

Recipe Instructions

Step 1

Begin by blending the bread until it resembles fine breadcrumbs, then place into a bowl. Beat the egg in a bowl and place next to the bowl of breadcrumbs. Add salt and pepper to plain flour and put on a plate next to the egg and breadcrumbs.

Step 2

Cut the fish fillets into small strips- using scissors is the easiest and quickest way! Place all strips onto a plate.

Step 3

Heat cooking oil in a large saucepan on a low heat, making sure you keep an eye on it while it is heating. Taking one strip at a time, begin coating the strip in flour, then egg, then finally breadcrumbs. Place strip on a baking tray lined with parchment paper. Repeat this process until all the strips are coated.

Step 4

Once the oil is hot enough (it should be hitting around 350 degrees F), carefully begin placing the

goujons into the pan, lowering them in with a wooden or plastic cooking spoon. Cook until the coating is golden brown- this normally takes around 5 minutes. To be extra safe, I recommend using a food thermometer. Probe a couple of the goujons, making sure they hit at least 185 degrees F (85 C).

Step 5

Once cooked, turn off the heat and remove goujons from the pan using a cooking spoon. Place each goujon onto a tray with paper towels to drain some of the excess oil, then place onto a serving dish. Garnish with lemon wedges.

Step 6

Make the tartar sauce! Simply put all ingredients into a bowl and stir, making sure the dill/parsley and pickles are very finely chopped. Put into a small ramekin(s) and serve with the goujons.

Step 7

Dunk your goujons in the sauce and enjoy!