

Fish Fingers



Method

Fish Fingers: Make egg wash by breaking two eggs into a bowl, whisk and add milk. Place plain flour in a separate bowl and season with salt and pepper. Crush cornflakes in a bowl and add chopped parsley (optional). Lightly dust the fish fingers in flour, dip in egg wash and then coat with corn flake crumbs, place on a tray. Put the freshly crumbed fish fingers in the fridge until required.

Tartare sauce: Place egg yolks, vinegar, mustard and lemon juice into a glass bowl and whisk for two minutes. Add oil very slowly and whisk continuously until oil is incorporated and the mayonnaise is thick and rich. Add chopped gherkins, capers, parsley and a pinch of sugar and season. Fry off the fish fingers and serve with homemade tartare sauce and a good slice of lemon.

The kids will love it and don't forget to say the dad joke: *that you didn't know fish had fingers! It cracks them up every time! Not! ha ha ha!!*

Ingredients:

4 x fish fillets skinless and bone less cut into fish fingers
200g of corn flakes crushed
100g plain flour
2 eggs
120 mls of milk
1 hand full of chopped parsley
Tartare sauce:
2 x egg yolk
5mls white wine vinegar
5ml lemon juice
2 x teaspoon of Dijon mustard
Trace salt and pepper
250 ml salad oil or vegetable oil
20 g chopped gherkins
10 baby capers chopped
½ hand full of chopped parsley
Pinch of white sugar

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