

Breaded Fish Goujons

by

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independents

by *sodexo**

Ingredients

Serves 4

2 megrim sole filleted, skin removed
70g plain flour
Salt and pepper
2 eggs beaten
100ml milk
150g panko Japanese breadcrumbs

200g mayonnaise
50g sweet chilli sauce
1 lemon cut into wedges

Method

1. Pre heat a fryer or pan of vegetable oil to 180°C.
2. For the goujons of sole, cut the fillets in half lengthways, then slice each half into four long strips on the diagonal.
3. Place the flour into a bowl and season. Place the eggs and milk in a second bowl and the panko breadcrumbs in a third bowl. Dip each goujon into the flour, coating it well, then into the egg mix and finally the breadcrumbs.
5. Fry the goujons in the preheated vegetable oil for about 2 minutes or until golden brown. Remove from the oil with a slotted spoon and drain on kitchen paper.
6. Whilst goujons are cooking, mix the mayonnaise and the sweet chilli sauce together and put in a dipping pot. Serve the drained goujons on plate with sauce. Garnish with lemon wedges.