

Breaded Fish Goujons



Ingredients:

- 1 Fillet of Fish (To make this dish 'high skill' you will need to fillet your own fish)
- 2 Slices of White or Wholemeal Bread
- 2 Tablespoons Plain Flour:
- 1 or 2 Eggs

**Please bring a container to
take your breaded fish goujons
home in.**

Additional Ingredients:

- 1 Tablespoon Dried Mixed Herbs
- 1 Tablespoon Parmesan Cheese
- 1 Teaspoon Chilli / Curry Powder
- 1 Teaspoon Chilli Flakes
- ¼ Teaspoon Black Pepper

Method:

1. Preheat the oven to 200°C or Gas Mark 6.
2. Line a baking tray with greaseproof paper.
3. Place the slices of bread into a food processor and pulse so the bread forms crumbs then scatter these onto a white plastic tray. Add any additional flavours to the breadcrumbs.
4. Crack the first egg onto a plate and beat with a fork. If you need more egg, you can later use the second egg.
5. Place the plain flour onto a plate.
6. You will need to use a blue chopping board and blue handled fish filleting knife to prepare the fish. If using a whole fish, this will need to be gutted and filleted. If using a piece of fish, remove the skin.
7. Then cut the fish into strips.
8. Coat the fish pieces in the flour.
9. Then dip the fish pieces into the beaten egg.
10. Roll the fish pieces in the breadcrumbs on the white plastic tray.
11. Place on a baking tray.
12. Bake in the oven for 15 to 25 minutes until golden brown.
13. Use a food probe to check the fish has a core temperature of 75°C. If it does not, it needs to be back into the oven until this core temperature is reached.
14. Using a fish slice move the goujons from the baking tray onto a cooling rack.