

Fish Goujons: Pre-filleted Fish

Ingredients:

- 1 Fillet of Fish
- 2 Slices of White or Wholemeal Bread
- 2 Tablespoons Plain Flour: School will Provide
- 1 Egg



Please bring a container to take your 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. Place the slices of bread into a food processor and pulse so the bread forms crumbs then scatter these onto a white tray. Add any additional flavours to the breadcrumbs.
3. Using a table knife, crack the egg onto a plate and beat with a fork.
4. Place the flour onto plate.
5. Cut the fish into strips or dice into cubes. This should be done on a blue chopping board.
6. Coat the fish pieces in the flour.
7. Then dip the fish pieces into the beaten egg.
8. Roll the fish pieces in the breadcrumbs on the white tray.
9. Place on a baking tray.
10. Bake in the oven for 15 to 25 minutes until golden brown.
11. 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.