

# Posh Fish Finger Sandwich: Filleting Fish



## Ingredients for Burger Buns:

250g Strong Plain White or Brown Bread Flour  
½ Teaspoon Salt: From School  
½ Teaspoon Sugar: From School  
50g Butter  
7g (1 Sachet) Fast Acting Easy Blend Dried Yeast  
150ml Warm Water: From School  
1 Teaspoon Sunflower or Poppy Seeds (Optional): From School  
Any additional ingredients to flavour your burger buns  
Milk and Egg Wash: From School

Please bring a container to take  
your fish finger sandwich home  
in.

## Ingredients for the Fish Fingers:

200g Fish of your Choice: Whole Fish or a Fillet  
4 - 6 Slices of Bread  
1 or 2 Eggs  
Small Bunch of Parsley or Dried Parsley: School will Provide Dried  
Salt and Pepper to Season: School will Provide  
Flour: School will Provide

## Additional Ingredients:

Little gem leaves  
Mayonnaise

## Method

1. Weigh and measure all ingredients accurately.
2. Preheat the oven to 200°C or Gas Mark 6.
3. Line a baking tray with a piece of greaseproof paper.
4. For the bread rolls: Measure out the warm water precisely using a jug on the weighing scales. Add the yeast and sugar to the warm water and stir. Put the mixture to one side.
5. Place the sieved flour into a Kenwood mixer, add the salt.
6. Cut the butter into small pieces and add this to the Kenwood mixer. Turn on and mix for 30 seconds with a dough hook until the mixture resembles breadcrumbs.
7. Add any additional flavourings.
8. Add the fermented yeast mixture to the Kenwood bowl a little at a time. Mix until the mixture gathers into a dough.
9. Use the dough hook to knead the dough for 5 to 10 minutes until a soft elastic dough is formed.
10. Remove the bread dough from the Kenwood, divide the dough into 4 portions and knead for 30 seconds.
11. Shape the dough and place on a baking tray. Cover with greased cling-film and leave to prove in the grill compartment of the cooker for 15 to 20 minutes.
12. Place the fish on a blue chopping board. Fillet the fish (remove any bones).
13. To prepare the breadcrumbs, place the slices of bread in a food processor and blitz until you have even sized breadcrumbs, transfer the breadcrumbs onto a piece of greaseproof paper.
14. Onto another piece of greaseproof paper, sprinkle some flour.
15. Crack the egg onto a plate and beat with a fork.
16. Dip each fish fillet into the flour and then into the egg mixture. You can use a pastry brush to ensure each side is covered in egg.
17. Then carefully use a fish slice to lift the fish from the plate and place it into the breadcrumbs, coat both sides evenly.
18. Place the fish onto the lined baking tray.
19. Once the bread rolls have proved for 15 to 20 minutes, remove the cling-film.
20. Glaze rolls with the milk and egg wash. Add any seeds.
21. Bake for 12 to 18 minutes until golden brown. To test the rolls are fully cooked tap the bottom of the rolls and they should sound hollow.
22. Leave to cool before cutting using a bread knife.
23. Using the oven gloves transfer the baking tray with the coated fish fillets into the oven and bake for 10 to 15 minutes. Ensure they have a core temperature of 75°C before serving.
24. Fill the bread bun with some little gem leaves, mayonnaise and crispy fish fingers.

