



Golden Fish Goujons with Handmade Chips and Homemade Tartare Sauce

Serves 4

Fish goujons cooked until crisp and golden served with handmade chips and a homemade tartare sauce is not only delicious and nutritious, it is also true comfort food and for many of us evokes happy memories of eating 'fish and chips' with family and friends.

TASTE OF CATER CARE FACT

This dish forms part of Cater Care's Supporting Positive Ageing recipe series and reflects our commitment to creating delicious, nutritious food and engaging aged care specific dishes for our residents.

This recipe is a lighter take on the traditional Friday favourite. With fish being the main ingredient, it is an excellent source of protein and a good source of omega 3 fatty acids which are essential for heart health. By preparing the fish into 'goujons' (strips) this makes it suitable for residents who usually require assistance with dexterity.

By incorporating lemon, baby capers, sweet gherkins, red onion, paprika and parsley, the dish's flavour is greatly enhanced which is crucial in ensuring meal enjoyment and in turn valuable nutrition for residents.

INGREDIENTS

- 125g Whole Egg Mayonnaise
- 10ml Lemon Juice
- 5g Baby Capers - drain and finely chop.
- 35g Sweet Gherkins - drain and finely chop.
- 30g Red Onion - top, tail, peel, halve and finely dice.
- To Taste - Sea Salt and Ground Black Pepper
- 750g Washed Potatoes - cut into 2cm wide by 10cm long chips (yields approximately 20).
- As Required - Olive Oil
- To Taste - Sea Salt
- 100g Panko Breadcrumbs
- 2 Lemons - finely zest.
- ¼ tsp Ground Paprika
- 40 leaves Flat Leaf Parsley - rinse, drain and finely chop.
- To Taste - Sea Salt
- 70g Plain Flour
- 2 Eggs - crack and beat.
- 650g White Fish Fillets (skin off) - cut into 3cm wide by 10cm long strips (yields approximately 20).
- As Required - Olive Oil

METHOD

1. Preheat an oven to a moderate temperature - 180°C.
2. In a mixing bowl, place the mayonnaise, lemon juice, capers, sweet gherkins and red onion, mix until thoroughly combined. Season to taste. Cover with cling-wrap and refrigerate for at least 4 hours to allow the sauces flavours to further develop.
3. Place the potato wedges into a saucepan, cover with cold water, place over a moderate heat and bring up to the boil, reduce the heat and allow the potatoes to simmer gently for 10 minutes or until just tender, remove from the heat, drain well and set to one side for 5 minutes to allow any excess moisture to evaporate.
4. In a second mixing bowl add the panko breadcrumbs, lemon zest, paprika and flat leaf parsley. Mix to thoroughly combine and season to taste.
5. In a third mixing bowl add the plain flour.
6. In a fourth mixing bowl add the eggs.
7. In batches, place the fish into the plain flour, toss until evenly coated, remove and shake off any excess flour.
8. Next, place the fish into the egg mixture and toss until evenly coated, remove allowing any excess to drain off.



9. Finally place the fish into the breadcrumb mixture and toss until evenly coated, remove and gently shake off any excess.
10. Over a moderate heat, add to a sauté pan olive oil to a depth of 1cm and heat. Add the fish and shallow fry on both sides until the crumbs are a light golden brown, remove from the pan and place in a single layer onto a roasting tray. Set to one side.
11. Gently toss the potatoes with olive oil, place onto a roasting tray and bake in the oven for 15 minutes or until a golden brown and crisp. Remove from the oven and season to taste.
12. Once the potatoes have been cooking for 10 minutes, place the fish goujons into the oven and bake for 5 minutes or until they are cooked through. Remove from the oven.

TO SERVE

In the centre of each serving plate place 4-5 chips, top the chips with 4-5 fish goujons then top with a dollop of tartare sauce.