

# Junior MasterChef

Proper Fishfingers Chips and Tartare Sauce



*Cooking can be dangerous. Please have a responsible adult with you at all times.*

**HEALTH & SAFETY WARNING**

*Always wash your hands before you start and after handling any raw ingredients like meat, fish and eggs.*

## Ingredients:

300gm Pollack fillet, skinned  
100gm plain flour  
Salt and pepper  
2 eggs, beaten with a little milk  
200g fine dry breadcrumbs  
Vegetable oil for frying

### Chips

1 pre-cooked large potato  
1 sprig of rosemary  
Vegetable oil

### Tartar Sauce

100gm mayonnaise  
30gm small gherkins  
30gm capers  
Handful of chopped parsley, chervil and chives

## Method:

### Start by making the fish fingers:

- Cut the fish in to 6cm strips, about 3cm thick against the grain.
- Put the flour in a bowl and season well with salt and pepper. Set the breadcrumbs and the egg mix in bowls in a line with the flour first and the crumbs last.
- First, roll the fish in the flour, then dip into the egg, lift out and let the excess egg drain off the fish and then roll in to the crumbs. Pat each one well and make sure they are well coated all over and the crumbs patted down. Chill in the refrigerator until ready to cook.
- In a medium sized frying pan, heat enough vegetable oil to shallow fry the fish fingers. Cook for 3-4 minutes on each side until crispy and golden brown and then drain on kitchen paper.

### Next prepare the chips:

- Take the pre-cooked potato and cut in to chips or cubes as you like.
- Fill a deep fat fryer two thirds full. Heat the oil to 160C-180C/320F-355F. **CAUTION: Hot oil can be dangerous. Don't leave unattended and have a responsible adult with you at all times.**
- Place carefully in to the basket of a deep fat fryer and lower in to the hot oil gently. Cook until golden – approximately 3-4 minutes. Drop rosemary in to the oil for the last minute.
- If you do not have a deep fat fryer. Heat the oil to a shimmer in a frying pan and then add the potatoes. Let them gently boil in the oil and then when coloured drop in the rosemary. Take out and leave to drain, season with salt.

### For the tartar sauce:

- Mix the mayonnaise with the chopped capers and gherkins. Add freshly chopped herbs and season with salt and pepper. Ensure the texture is creamy.

Serve the Fish fingers with chips and a spoonful of tartar sauce.