



INGREDIENTS

For the Goujons:

200g skinned plaice fillets
50g plain flour
Salt and black pepper
1 egg, beaten
50g white breadcrumbs
vegetable oil

For the Tartare Sauce:

2 egg yolks, beaten
¼ tsp English mustard powder
¼ tsp caster sugar
¼ tsp salt
2 tsp white wine vinegar
150ml sunflower oil
Salt and black pepper
20g gherkins, chopped
10g capers, chopped
1 tbsp parsley, finely chopped

METHOD

To make the Goujons:

1. Slice the fillets into finger length pieces.
2. Place the flour, eggs and breadcrumbs into 3 separate bowls. Season the flour with salt and pepper.
3. Coat the goujons in flour and pat off any excess. Then dip into the egg mix and finally into the breadcrumbs until well coated.
4. Warm a non-stick frying pan over a high heat and add enough oil to cover the base of the pan - about ½ cm deep. When the oil starts to shimmer, shallow fry the goujons in the oil, turning occasionally, until golden brown on all sides. You may need to do this in batches depending on the size of your pan.
5. Drain on kitchen paper to remove any excess oil before serving with the tartare sauce.

To make the Tartare Sauce:

1. Whisk the egg yolks, dry mustard powder, sugar, salt and 1 tsp of white wine vinegar in a bowl.
2. Gradually whisk in the oil, little by little. The sauce should emulsify and thicken. Continue until a third of the oil has been incorporated.
3. Now add the rest of the white wine vinegar, followed gradually by the remaining oil. If the mayonnaise becomes too thick add a splash of warm water to loosen.
4. Season to taste and stir the chopped gherkins, capers and parsley into the mayonnaise.