



Posted on 12 April 2018

by Liz Robb

A quick, simple and tasty starter of succulent white hake goujons in a

crunchy coating, with a hot and spicy harissa and coriander mayo dip accompanied by sharp and sweet pickled cucumber.



Ingredients

2-3 thick slices of day old white bread
A quarter teaspoon of ground cumin
Half a teaspoon of paprika
A pinch of cayenne pepper
1 lemon
4-5 heaped tablespoons of mayonnaise
2 tablespoons of harissa paste*
A few sprigs of coriander.
Salt and black pepper
Half a cucumber
2-3 tablespoons of rice vinegar
2 heaped teaspoons of caster sugar
600g hake fillet**
3 heaped tablespoons of plain flour
2 large eggs
Sunflower oil
Servings
4
Person

Preparation

1 To make the breadcrumbs, cut off the crusts, pull the bread into pieces and grind into

breadcrumbs in a food processor. Add the cumin, paprika and a pinch of cayenne pepper and pulse briefly again.

- 2 Finely grate the zest of about half a lemon, add to the breadcrumbs and pulse briefly again. Tip onto a plate and leave to dry out.
- 3 For the dip, spoon the mayonnaise into a small bowl and mix in the Harissa to taste. Finely chop the coriander leaves and mix in. Season with salt and black pepper and chill in the fridge until required.
- 4 For the pickled cucumber, deseed and slice the cucumber into really fine strips. Place in a small bowl with the rice vinegar, just enough to cover the cucumber, and sugar. mix well, cover and chill in the fridge until required.
- 5 Heat the oven to 190 degrees or 170 degrees fan oven.
- 6 Remove the skin from the hake and cut into short, fairly thick fingers. Sieve the flour onto a plate and season with salt and pepper. Beat the eggs in a shallow bowl.
- 7 Coat each piece of fish in the flour, then the egg, and finally the breadcrumbs. Heat 3-4 tablespoons of sunflower oil in a large frying pan and cook the goujons for a minute or two on each side until crisp and golden; you may need to do 2 batches.
- 8 Lift the hake goujons onto a warmed, lightly oiled oven tray and, when all the fish is ready, bake in the preheated oven for about 10 minutes.
- 9 Meanwhile, prepare 4 plates with a serving of pickled cucumber and a small dish of harissa and coriander mayo, with a sprinkling of freshly chopped coriander to garnish. Add the crisp fish goujons and serve immediately.

Cooks Note

* The amount of Harissa needed depends on the strength of your paste; I used 2 tablespoons of mine.

**You can use any white fish of your choice.

You could easily make this dish into a main course by cooking a little more fish and serving potato wedges and a salad on the side.

For a children's meal, try reducing the spice in the breadcrumbs and serving tomato ketchup or simple mayonnaise as a dip.
