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by Liz Robb

Goujons of fresh plaice, baked in a crispy lemon crumb, on a bed of peppery rocket

and watercress with a tangy homemade tartare sauce, all served in slices of soft white bread; a slightly more refined version of a firm family favourite.

Ingredients

For the tartare sauce:
2 heaped teaspoons of capers
1 large gherkin
4 tablespoons of light mayonnaise
1 lemon
Salt and back pepper
For the sandwich:
50g panko breadcrumbs
50g white bread
2 large eggs
4 tablespoons of plain flour
Half a teaspoon of paprika
1 lemon
450-500g plaice fillets
Olive oil
40g butter
8 slices cut from a large white loaf
4 handfuls of rocket and watercress
Servings
4
Person

Preparation

1. To make the tartare sauce, drain and finely chop the capers and the gherkins. Spoon the mayonnaise into a bowl, mix in the capers and gherkin, finely grate in the zest of the lemon and season with salt and black pepper. Chill in the fridge.
2. Preheat the oven to 200 degrees or 180 degrees fan oven.
3. Grind 50g of white bread into breadcrumbs, add 50g of panko breadcrumbs and grind again into fine breadcrumbs. Mix in the paprika, the finely grated zest of half a lemon and salt and pepper, and then tip into a shallow bowl.
4. Beat 2 eggs in a shallow bowl and sift 4 tablespoons of plain flour into another
5. Brush a large oven tray with olive oil and warm in the oven for a few minutes.
6. Slice the plaice fillets into 12 strips of roughly equal size. Coat each strip in flour, dip into the egg and then coat in the breadcrumbs, Lay each strip on the oven tray.
7. Cut the butter into pieces and melt in a small saucepan. Drizzle the butter onto the plaice goujons and bake them in the oven for about 25 minutes, until the breadcrumbs are golden brown.
8. Slice the bread and thickly spread tartare sauce onto 4 slices. Add a handful of rocket and watercress and arrange 3 plaice goujons on each one, and then top with the remaining slices of bread. Halve and serve hot, garnished with lemon wedges.

Cooks Note

You could use lemon sole instead of plaice, or even cod, haddock or hake if you prefer.