



Fish in a Puffed Rice Crust, Tartar Sauce and Creative Salad

Ingredients

ENGLISH BATTERED FISH

- 500 g white firm-fleshed fish from sustainable fishing, in 3 cm cubes
- Salt and pepper, to taste
- ½ cup (80 ml) all-purpose flour
- 1 tsp (5 ml) smoked mild paprika
- 2 eggs
- 1 tbsp (15 ml) cold water
- 1½ cup (375 ml) puffed rice
- ½ cup (125 ml) finely grated parmesan

YOU WILL NEED:

- cutting boards
- knives
- set of measuring spoons
- set of measuring cups
- paper towels
- 3 small bowls
- pastry sheet
- parchment paper
- medium bowl
- whisk
- large bowl
- kitchen tongs

HOMEMADE MAYONNAISE

- 1 egg yolk
- 2 tsp (10 ml) Old-style mustard
- 2 tsp (10 ml) lemon juice
- ¾ cup (180 ml) vegetable oil

TARTAR SAUCE GARNISH

- 1 tbsp (15 ml) shallot, finely chopped
- 2 tbsp (30 ml) dill pickle, finely chopped
- 2 tsp (10 ml) capers, chopped
- 1 tbsp (15 ml) dill, chopped
- 1 tsp (5 ml) tarragon, chopped
- 1 pinch salt
- Pepper, to taste

CREATIVE SALAD

- Various vegetables and fruits
- Various oils and vinegars

Preparation

- 1 Preheat the oven to 425°F.
- 2 Line a baking sheet with parchment paper. Set aside.

ENGLISH BATTERED FISH

- 3 In a small bowl, combine flour and paprika. Set aside.
- 4 In another small bowl, beat eggs with water. Set aside.
- 5 In a 3rd small bowl, crush puffed rice with your hands to obtain a breadcrumb texture. Add the parmesan cheese and mix. Set aside.
- 6 Pat dry fish cubes with paper towels. Season with salt and pepper.
- 7 Place a few fish cubes in flour and coat them well. Shake to remove excess.
- 8 Immerse floured cubes in eggs, drain.
- 9 Place fish cubes in puffed rice mixture and coat well.
- 10 Place on baking sheet and bake for about 15 minutes, turning halfway through baking to brown evenly.

MAYONNAISE

- 11 In a medium bowl, beat **egg yolk**, mustard and lemon juice with a whisk.
- 12 Pour a little oil very slowly, whisking vigorously. When the mayonnaise begins to set, pour in oil in a thin stream, whisking constantly, until an emulsion (mayonnaise) is obtained.

TARTAR SAUCE GARNISH

- 13 Mix all ingredients with mayonnaise.

CREATIVE SALAD

- 14 Create a salad and a dressing with ingredients the chef-trainer has brought.

ASSEMBLING

- 15 Serve battered fish with tartar sauce and the creative salad.



DIETITIAN'S TIP: This recipe for fish in an oven crust is healthier than the deep-fried in oil version and most store-bought breaded fish, without compromising on good taste!