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

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

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
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!