

September

Shark's Fingers

If you want to serve these with chips, why not make your own by oven baking some potatoes cut into strips with a small amount of oil?



Serves 2-3

Ready in 25 minutes

Ingredients

3 thick slices bread (preferably brown, crusts cut off, and well toasted or stale)

450g fillets of firm white fish e.g. cod or haddock

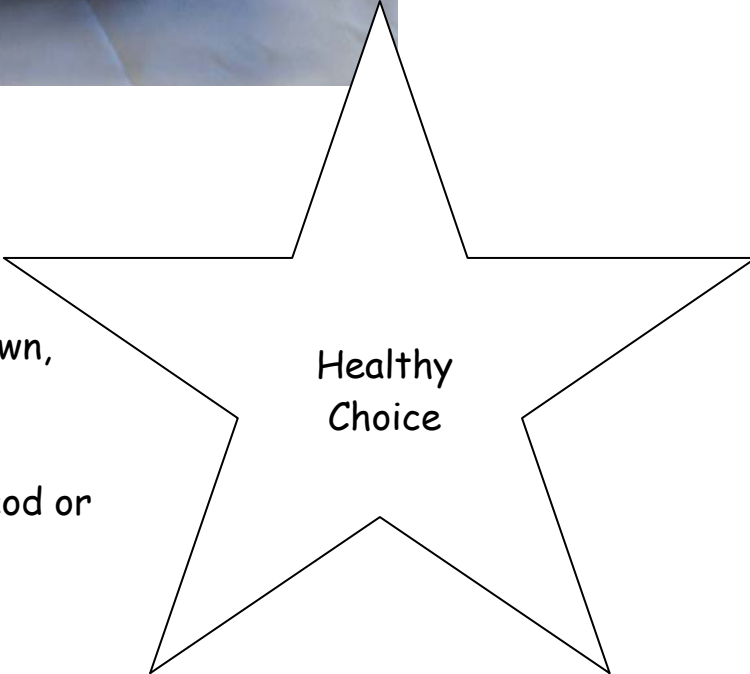
4 tbsps plain flour

1-2 eggs

$\frac{1}{2}$ tsp paprika

$\frac{1}{2}$ tsp garlic powder

Ground black pepper



Healthy
Choice

Method

1. Switch on oven to 200°C (Gas mark 6).
2. Make breadcrumbs from the bread either using the food processor or grater. The crumbs should be nice and small. Don't be alarmed or disappointed that they are not bright orange!
3. If the skin is still on the fish, remove it and cut the fish into strips like long fat fingers
4. Set up 2 bowls and a tray: The first bowl with the flour, pepper, paprika and garlic powder, the second bowl with the beaten eggs and the tray with the breadcrumbs
5. Dip a fish strip into the flour, shake it so it doesn't have too much flour sticking to it, then swim it in the egg. Let excess egg drip off, then roll it in the breadcrumbs, and pressing the crumbs gently on the fish so they stick. Transfer the fish to a baking tray and repeat with the rest of the fish
6. Cook the shark's fingers for about 10 minutes, until golden brown and cooked through

Fantastic Fish!

We should aim to eat 2 portions of fish per week; one of these should be an oily fish such as salmon, sardines, fresh tuna or mackerel. The good fats in oily fish protects our hearts. White fish such as the cod or haddock used in this recipe is a leaner alternative to meat, and contains protein and vitamins. Making fish into a product such as fish cakes, fish pie or these fingers encourages children who wouldn't usually eat fish to try it.