



We had some Cod fillets a few days ago and decided do something a bit special for us. Breaded Fish is a given for most folk, but for Sue it's a 'Forbidden fruit'. The bread coating is clearly loaded with Gluten and would make her very ill. So we made our own version with a DIY 'Tartar' sauce to boot!

Ingredients:-

2 Eggs, beaten
4 slices of Gluten free Bread, wuzzed in the food processor
Gluten free flour
Salt and Petter

Method:-

- (1) Season the Bread crumbs with Salt and Pepper and mix well.
- (2) Dunk the fish in the Egg wash.
- (3) Dredge in Flour.
- (4) Re-coat with Egg wash.
- (5) Dredge in the Bread crumbs to coat evenly.
- (6) Place on a foiled tray in the Oven at 180c and cook until the coating is golden brown.

'Tartat' style Sauce.

Ingredients:-

Gherkins, finely chopped

Capers, halved

Mayonnaise

A squeeze of Lemon juice

Method:-

(1) Mix in a bowl and transfer to a ramekin. Simple as that!

We dressed the Fish with sliced Spring Onions, Parsley from the planter and a slice on Lemon. Served with hand cut chips and peas this was a bit of a ?Pub Classic? treat!