

Breaded Fish

Try making this easy, quick and healthy baked fish as an alternative to buying battered fish. Serve with Roasted Lemon and Herb Potato Wedges and Mushy Peas for a home-made version of the popular 'Fish and Chips' take-away meal. The recipes for these are available on the Club Zone area of the Let's Get Cooking website.

Nutritional information per portion (150g):

calories	fat	carbohydrate	salt	sugar
193.5	5.9g 8%	1.2g 6%	0.7g <1%	1.3g 22%

of an adult's guideline daily amount



A! Wheat/gluten, fish and dairy

Equipment

Small saucepan
Pan stand
Baking tray with raised edges
Pastry brush
Chopping board
Sharp knife
Lemon squeezer
Food processor
Medium mixing bowl
Oven gloves
Fork
Fish slice

Ingredients

Serves 4
25g polyunsaturated margarine
1 lemon
75g wholemeal bread (approx. 2-3 medium slices)
Small bunch parsley
Ground black pepper (optional)
4 fillets white fish e.g. haddock, cod, pollock (approx. 600g)



Top Tips

- Slightly stale bread is better for making into breadcrumbs, as it is drier.
- If you only have fresh bread, lightly toast it, leave it to cool and then process into breadcrumbs.
- Use fish that is sustainably sourced.
- Press the breadcrumb mixture down firmly over the top and sides of the fish. The lemon and margarine will help it to stick.

Breaded Fish

Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Melt the margarine in the saucepan and turn off the heat. Grease the baking tray using the pastry brush.
3. Cut the lemon in half and squeeze the juice from one half. Add the juice to the melted margarine in the saucepan. Slice the other half into 4 wedges and save for later.
4. Break the bread into pieces and put into the food processor. Wash the parsley and remove the stalks. Save a few sprigs to serve with the fish at step 8. Add the florets to the bread and process until breadcrumbs are formed.
5. Pour the breadcrumbs into the mixing bowl. Stir in the lemon juice and melted margarine mix and add black pepper (to taste, if using).
6. Arrange the pieces of fish on the greased baking tray and press the crumbs all over the top and sides of the fish. Wash your hands after touching the raw fish.
7. Bake in the centre of the oven for 20 minutes or until the crumbs are golden and the fish is white and flakes easily with a fork.
8. Remove from the tray using a fish slice and serve with the reserved lemon wedges and garnish with the parsley sprigs.

Something to try next time

- Try making this recipe with different types of oily fish such as salmon or mackerel.
- Add 1 x 15ml spoon of grated mature Cheddar or Parmesan cheese at step 5.
- Grate the zest from half the lemon and add to the breadcrumbs.

Prepare now, eat later

- Make the breadcrumbs and store in a plastic bag or box for up to 2 days or freeze for up to 1 month. Add the other ingredients just before preparing the fish.
- The fish is best eaten as soon as it is cooked.



Roasted Lemon and Herb Potato Wedges

This is a quick and healthy alternative to chips. The lemon gives them a lovely zesty fresh taste but there are many other variations to make these a tasty accompaniment to most dishes. Serve the wedges with the recipe for Breaded Fish on page 10.

Nutritional information per portion (190g):



of an adult's guideline daily amount



Equipment

- Chopping board
- Sharp knife
- Colander
- Clean tea towel
- Zester
- Medium bowl
- Measuring spoons
- Wooden spoon
- Baking tray
- Oven gloves
- Pan stand

Ingredients

- Serves 4**
- 4 medium baking potatoes
 - Zest ½ lemon
 - Small bunch fresh mixed herbs (parsley, chives and thyme) OR 1 x 5ml spoon dried herbs
 - 1 x 10ml spoon olive oil

Top Tip

- Prepare the potatoes just before roasting or parboil them (see Prepare now, eat later).



Method

- Preheat the oven to 200°C/180°C fan or gas mark 6.
- Wash the potatoes and pat dry. Cut into 8 equal-sized wedges.
- Grate the zest from half the lemon and wash and finely chop the fresh herbs, if using.
- Mix the oil, lemon zest and 2 x 5ml spoons chopped herbs or the dried herbs in the bowl.
- Add the potato wedges and mix until evenly coated.
- Arrange the wedges on the baking tray so that they do not overlap.
- Bake in the middle of the oven for 30 minutes, turning the wedges halfway through cooking to avoid burning.

Something to try next time

- Add 6 cloves of unpeeled garlic to the roasting tin to add flavour.
- Add 1 finely sliced red chilli or ½ x 5ml spoon chilli flakes or 1 x 5ml spoon paprika at step 4.
- Mix 1 sliced fried onion with the wedges before serving.
- Chop carrots, sweet potatoes or butternut squash (ensure the pieces are all the same size) and cook with the potato wedges.

Prepare now, eat later

- To save time, parboil the potatoes by covering them with cold water, bringing it to the boil and cooking for 5 minutes. Add the oil and herbs as above and roast. The parboiled wedges may cook slightly quicker than uncooked ones, so check the oven regularly.
- Potato wedges are best eaten straightaway.

Mushy Peas

This recipe uses frozen peas rather than dried marrowfat peas for a quick, healthy and delicious alternative to fish-and-chip-shop mushy peas. Serve with Breaded Fish and Roasted Lemon and Herb Potato Wedges for a healthier home-made version of one of our most popular take-away meals.

Nutritional information per portion (93g):

calories 96.5	5.3g 8%	1.4g 7%	2.6g 3%	0.2g 3%
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of an adult's guideline daily amount



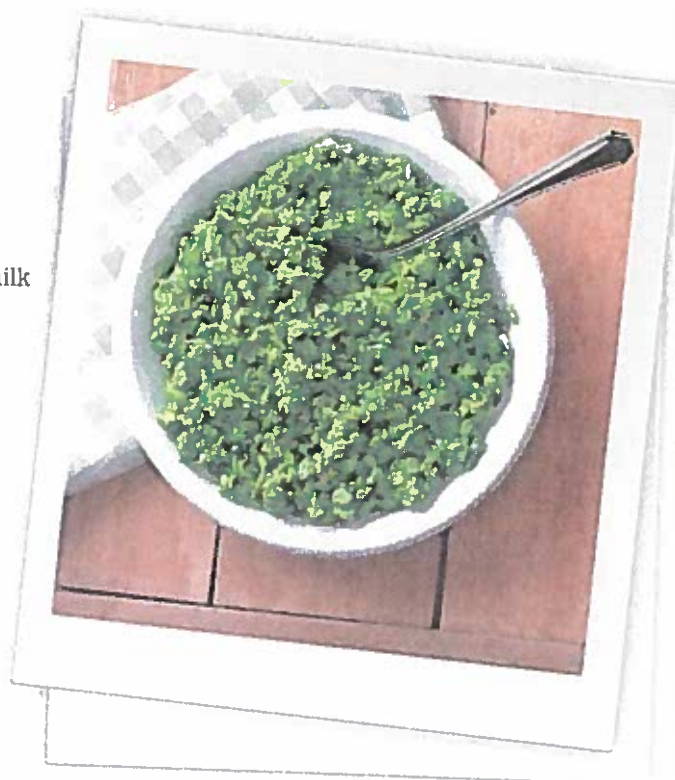
Dairy

Equipment

Weighing scales
Medium saucepan
Pan stand
Colander
Measuring spoons
Stick blender
or food processor

Ingredients

Serves 4
300g frozen peas
3 x 15ml spoons semi-skimmed milk
25g polyunsaturated margarine
OR butter
Ground black pepper (optional)



Method

1. Weigh the frozen peas and put into the saucepan, then cover them with water.
2. Bring to the boil and simmer for 3 minutes, then drain through the colander into the sink.
3. Heat the milk and margarine or butter in the same pan until the milk is hot and the fat has melted.
4. Pour the peas and hot milk into the food processor or add the peas to the hot milk in the pan if using a stick blender.
5. Process until roughly blended but there are still small pieces of peas.
6. Stir in ground black pepper (to taste, if using) and serve.

Something to try next time

- Stir in 1 x 5ml spoon mint sauce or 1 x 15ml spoon chopped fresh mint before serving the Mushy Peas.
- If you have some chives growing in the garden, snip some into the peas.

Top Tip

- If you use a food processor, blend the peas on the pulse mode for just a few seconds or you could make pea purée! Keep checking the consistency. Try mashing the peas with a potato masher as an alternative method.

Prepare now, eat later

- Cook the Mushy Peas and cool as quickly as possible. Store, covered, in the fridge for up to 24 hours.
- Reheat in the microwave until piping hot, stirring once or twice.

Chinese-style banana fritters

Ingredients

For the fritters

175g/6oz plain flour
125g/4½oz cornflour
1 tsp baking powder
250ml/9fl oz sparkling water
1 tsp sesame oil
4 bananas, peeled, cut into chunks
vegetable oil, for deep-frying

For the caramel

250g/9oz caster sugar
4 tbsp water
3 tbsp sesame seeds

To serve

vanilla ice cream

Method

1. For the fritters, sift the flour, cornflour and baking powder together into a bowl, then stir in the water and sesame oil until a smooth batter is formed.
2. Add the banana pieces and gently mix until completely coated in batter.
3. Half-fill a deep, heavy-bottomed saucepan with vegetable oil and heat until a breadcrumb sizzles and turns brown when dropped in it. (CAUTION: hot oil can be dangerous. Do not leave unattended.)
4. Carefully place the bananas into the oil and deep-fry until golden brown. Carefully remove with a slotted spoon and drain onto paper towels.
5. For the caramel, place the sugar, water and sesame seeds into a saucepan over a low heat and cook until all of the sugar has melted. Increase the heat to bring to the boil and continue cooking, without stirring, until the mixture becomes a light caramel colour.

Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves

Serves 4

Dietary

Vegetarian

By James Martin

From Saturday Kitchen

6. Remove the caramel from the heat and, one at a time, dip the banana fritters into the hot caramel. Turn each fritter over with a fork to coat all over, then remove immediately and plunge into a bowl of iced water. Remove the fritter from the water and leave to drain on a wire rack while you dip the remaining fritters.

7. To serve, place the fritters onto plates and place a scoop of vanilla ice cream alongside.