

Ingredients needed for: ____/____/____ Name: _____

CHICKEN/FISH GOUJONS AND MAYONNAISE

Ingredients

50g plain flour
2 free-range eggs
100g fresh breadcrumbs
½ tsp cayenne pepper
4 fillets lemon sole (or other white fish) OR 2 chicken breasts
salt and freshly ground black pepper
4 tbsp oil

Mayonnaise

1 egg yolk
½ tsp Dijon mustard
250ml sunflower oil
1 tbsp white wine vinegar
½ lemon

Equipment

Mixing bowl
Whisk
Teaspoon
Knife
Chopping board and mat
Spoon
Jug
Baking tray + paper
Deep fat fryer



Method

For the goujons:

1. Preheat the oven to 180oC/Gas 5.
2. Slice the fish or chicken into 'finger-sized' pieces.
3. Sprinkle the flour onto a plate.
4. Beat the eggs in a bowl. Mix together the breadcrumbs and cayenne pepper until well combined, then sprinkle the mixture onto a separate plate.
5. Season the fish/chicken pieces, to taste, with salt and freshly ground black pepper.
6. Dredge each piece of fish first in the flour, then dip it into the beaten egg, then roll it in the breadcrumbs until completely coated.
7. Heat the oil in a frying pan over a medium heat.
8. Add the coated fish/chicken piece to the pan, in batches, and fry for 2-3 minutes each side until crisp and lightly golden. Continue to fry until cooked through, turning frequently **OR**
9. Place onto the baking tray and bake for 15-20 minutes until golden and cooked through.

For the mayonnaise:

1. Add the yolk, mustard and vinegar to the bowl and whisk together.
2. Place the oil into a jug and gradually add it, pouring it in a drop at a time, whisking all the time.
3. It will form an emulsion.
4. Season with lemon juice and salt when thick and glossy.