

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!