

PLAICE GOUJONS WITH CHEESY FRITES



MINUTES TO PREPARE
10



MINUTES TO COOK
30



SERVES
4

INGREDIENTS

For the goujons:

2 plaice fillets, cut into chunks

Flour for dusting

Pinch of paprika

2 tablespoons rapeseed oil

For the cheesy chips:

4 maris piper potatoes

1 tablespoon rapeseed oil

30g cheddar cheese, grated

Lemon wedges and salt and pepper to serve.

LET'S GET COOKING

- 1 Preheat the oven to 200/400/gas 6.
- 2 Slice the potatoes really thinly to make to your frites. Place them in a bowl of cold water to wash off their starch and drain. Put the oil in a large roasting tray and heat in the oven for 3 minutes. When hot, add the drained potatoes and roast for 30 minutes or until cooked.
- 3 Meanwhile, make the goujons. Place the flour in a bowl with the paprika and lightly toss the plaice chunks. Heat the rapeseed oil in a large frying pan and cook the plaice chunks for 2 minutes on either side. Remove from the pan and place on a clean plate. This can be done in batches and repeat until you have cooked all of the plaice. Remove the skin with a sharp knife and discard.
- 4 Sprinkle the grated cheese over the chips once they have cooked. Squeeze lemon over the fish goujons and enjoy with some French beans and sugar snap peas. Season to your liking and enjoy.

"Plaice goujons are a lovely choice for all the family as they hold their shape and only take minutes to make. I shake them in flour to give them a bit of a crust before frying. If your family are like mine and fussy with fish skin, just peel them once they are cooked as the skin literally flakes away."

Cheesy chips seems to be a thing here in South Devon (the best ones are at The Old School House at Mothecombe). I couldn't help recreate my own on a cold and wet day. Not exactly brimming with health, but they are oven baked and homemade which in my mind is still better than the processed deep fat version"