

COD GOUJONS AND HERB DIP

COD INGREDIENTS:

- 208G OF BONELESS COD FILLETS OR CALAMARI
- 100G FRESH OR GOLDEN BREAD CRUMBS
- 2 EGG BEATEN
- 2 HEAPED TBSP OF PLAIN FLOUR
- 1 ¼ TSP OF GARLIC SALT
- PEPPER TO TASTE
- 1 KNOB OF BUTTER

DIP INGREDIENTS:

- ½ A TUB OF GREEK STYLE YOGHURT
- ¼ TSP HORSERADISH SAUCE
- ½ TSP DIJON MUSTARD
- LEMON JUICE
- 2 TSP PARSLEY FRESH OR DRIED

METHOD

FIRST WASH YOUR HANDS IN SOAP AND WATER.

THEN SKIN THE COD FILLETS AND CUT TO STRIPS ABOUT 2 CM WIDE.

GET 4 PLATES AND ONE BOWL AND IN THE BOWL CRACK TWO EGGS AND BEAT THEM.

ON THE OTHER PLATE PUT THE GARLIC SALT, PEPPER AND FLOUR AND MIX THEM TOGETHER.

ON ONE PLATE PUT THE COD FILLETS.

THEN GET A COD FILLET COVER THE ENTIRE THING WITH THE FLOUR MIX.

AFTER THAT, DIP THE FILLET IN TO THE EGG AND THEN COVER IN BREAD CRUMBS THAT WILL BE ON A PLATE AND LEAVE THAT FILLET ON THE LAST PLATE.

REPEAT THIS PROCES FOR ALL THE FILLETS MAKE SURE YOU COVER ALL THE FILLETS ALL OVER.

PUT ON A FRYING PAN TO MEDIUM HEAT AND FRY THE BUTTER

WHEN THE BUTTER HAS MELTED PUT THE FILLETS IN THE PAN.

TURN THE FILLETS OCCASIONALLY AND FRY TILL GOLDEN BROWN.

FOR THE HERB SAUCE PUT THE MUSTARD, HORSERADISH, PARSLEY AND LEMON INTO THE YOGHURT.