







Beckett's Farm

STARTERS

Lemon Sole Goujons



Method

-  125 gms breadcrumbs
-  450 gms lemon sole fillets, skinned
-  Rapeseed oil for frying
- 50 gm plain flour
-  3 eggs, beaten
-  1 lemon cut into wedges
-  1 bag mixed salad leaves

1. Cut each lemon sole fillet into strips diagonally about 1cm/ ½ inch thick
2. Heat oil in a deep-fat fryer to 190c/375f. Coat the fish in flour, then the beaten egg and finally the bread crumbs, making sure all the fish is coated thoroughly
3. Place a few of the goujons in the fryer at a time and cook for about one minute, until crisp and golden brown. Repeat until all goujons are cooked
4. Once cooked remove onto kitchen paper to soak up the excess oil
5. Serve goujons with mixed salad leaves and a lemon wedge

Note : inclusion of the small Beckett logo indicates that the ingredient can be purchased in Becketts Farm Shop.

