

Home made fish sticks

Instead of buying store made fish sticks which tends to have a lot of breading and less fish I prefer to make my own. It doesn't take very long and the result is so much better.

Ingredients

- White fish of choice, this time I will use sole but often I use cod as well
- Unseasoned bread crumbs
- egg lightly beaten
- salt and pepper to taste
- oil or margarine to fry

Method

Dip the fish fillets first in egg and then in the bread crumbs. Put pan with the melted margarine/oil on medium heat. Put in the fish, fry until golden brown on each side. It just takes a few minutes. Season.

I serve this with either boiled or mashed potatoes, green peas or broccoli and a cold yogurt based sauce with dried tarragon goes well with it.

