

Sole Fish Fingers, Smoked Eel Tartare Sauce



Serves 2

Prep 45 mins

Cooking 5 mins

Challenge

Ingredients

For the tartare sauce

1 egg yolk
1 tsp Dijon mustard
1 tbsp white wine vinegar
100 ml vegetable oil
1 banana shallot, finely chopped
3 small pickled onions, finely chopped
10 cornichons, finely chopped
100g smoked eel or tuna, diced
1 tbsp finely chopped chervil or parsley
lemon wedges & [pea puree](#), to serve

For the fish fingers

100g plain flour
2 eggs, whisked
100g panko breadcrumbs
2 large or 4 small sole fillets, lemon or Dover
sunflower oil, for deep frying

1. In a mixing bowl, whisk together the egg yolk, vinegar and mustard. Slowly pour in the vegetable oil, whisking continuously until it is pale, thick and creamy. Then season with the salt. This can also be done with an electric whisk. Fold the rest of the tartare sauce ingredients in to make a chunky sauce and set aside.
2. Put the flour, eggs and breadcrumbs in separate flat containers. Remove any skin from the sole and trim the fillets to a nice finger shape. First, place the fillets in the flour and coat evenly, then the egg and finally the breadcrumbs. Make sure everything is well coated.
3. Heat the oil in a deep fat fryer, deep saucepan or wok to 180C or until a piece of breadcrumb sizzles straight away. Fry the fillets for 2 mins until golden. Drain the fish on kitchen paper and serve with a generous dollop of the smoked eel tartare sauce, lemon wedges for squeezing over, pea puree and some thin brown toast.