



# FISH FINGERS

MAKES 10–12 FISH FINGERS DEPENDING ON SIZE OF FILLETS

*A popular favourite with both children and adults, fish fingers are a quick and convenient meal choice for many families, although when I flipped over the mass-produced supermarket pack I found I was only getting 64 per cent fish in my fingers – some brands even as low as 58 per cent! When home-made your fish fingers will be in the region of 90% fish! I did a test weight of my piece of fish – 20g for a small finger, then egged and crumbed it weighed 23g. Making your own is quick and easy and can actually work out cheaper depending on your choice of fish – cod is used in some fish fingers, as is pollock, but I like to use hake here. Fish fingers can be shallow-fried, oven-baked or air-fried.*

250g skinless,  
boneless white fish  
1 large egg, beaten  
3–4 tbsp Golden  
Breadcrumbs (page 14)  
Spray of oil (make your  
own, page 216)

*You will need:*

Kitchen paper  
Sharp knife  
Chopping board  
2 bowls or shallow dishes  
Plate or board  
Air fryer, baking sheet  
or frying pan

Dry the fish on kitchen paper then cut into finger-sized pieces lengthways – do not cut across the fillet because it will break as it cooks. Cutting lengthways may result in some fingers being a bit misshapen and skinny in places, but that's the beauty of home-made.

Add the egg to a bowl then add the breadcrumbs to another bowl. Dip the fish pieces first into the beaten egg then roll in the breadcrumbs. When covered all over, transfer to a plate or board. I use just one hand for this, keeping one hand clean just in case I need to reach for more breadcrumbs. Once the fish fingers are well coated, chill or pop into the freezer for 10 minutes or so. I find fish fingers easier to handle when chilled firm or partly frozen.

When ready to cook, heat a spray of oil in a frying pan and fry the fish fingers for 2–3 minutes on each side until golden and the fish is cooked through. If you are air-frying, preheat the air fryer for 5 minutes then spray the fish fingers with a little oil on both sides and cook for 6–8 minutes until golden and cooked through. To oven-bake, preheat the oven to 200°C/180°C fan/400°F/gas 6 with a baking sheet inside, and once hot add the fish fingers, spray with oil and bake for 12–15 minutes, turning halfway through.