



PROJECT FOOD

A helping hand to healthy eating

Salmon Fish Fingers and Mayonnaise

Serves 4

Ingredients

500g/1lb 2oz skinless salmon fillet
3 tbsp plain flour
2 eggs
110g/4oz breadcrumbs
Freshly ground black pepper
2 tbsp olive oil

For the mayonnaise dip

4 tbsp light mayonnaise
1 lemon



Serve with some oven roast potato wedges and peas or other green veg.

Preheat the oven to 200°C (425°F), Gas mark 7.

1. Cut the piece of salmon in half across the width and then cut each half into six equal-sized fingers down the length.
2. Put the flour onto a plate or into a wide bowl, beat the eggs in another bowl and place the breadcrumbs in a third. Season each with pepper if you like.
3. Dust the salmon fingers in the flour, then dip them in the beaten egg and finally in the breadcrumbs, to evenly coat.
4. Drizzle the olive oil on a large baking sheet and arrange the fish fingers on the oiled sheet. Bake in the oven for 8-10 minutes, turning halfway through cooking, until crisp, golden and cooked through.

Top tips

- You can make these fish fingers using white fish if you like. Fish like coley is cheap and readily available, but choose whatever you like best. It's always a good idea to look out for special offers at your local fishmonger or supermarket. The fish can then be frozen until you are ready to use.
- Fish fingers can be prepared in advance to stage 3 and then stored in the fridge for up to 24 hours or in the freezer for up to 3 months.
- **Breadcrumbs are best made with stale bread.** Break the bread into small pieces and crumb with a hand held blender, food processor or rolling pin. If you don't have stale bread available you can crisp up fresh bread under the grill or in the oven. Any leftover crumbs can be frozen in a sealed, dated and labelled container for use another time (no need to defrost to use, you can use from frozen).
- Instead of breadcrumbs, you can use couscous instead.

Salmon is an oily fish. It is recommended that we eat 2 portions of fish each week, one of which should be oily. Salmon is one of the best sources of Omega 3, a fatty acid which is beneficial for good heart health.

Christmas Fruity Trifle

Ingredients

Fruit—Poached pears (4 or 5) or
tinned raspberries or strawberries

Trifle sponges or
homemade Victoria Sandwich (see below)

Apple juice (optional)

1.5 pints custard

Crème fraiche

Raspberries or strawberries, glace cherries and/or blanched almonds to decorate



Victoria Sponge if required

2 medium eggs

100g/4oz caster sugar

100g/4oz soft butter

100g/4oz Self Raising flour

Method

1. **To make the Victoria Sponge if required.** Beat the sugar into the softened butter until the mixture is light and creamy.
2. Beat in the two eggs.
3. Then sieve and fold in the flour gently until mixture is thoroughly mixed.
4. Spoon into a greased and floured sponge tin and cook in the centre of a pre-heated medium heat oven (180°C) for about 20 minutes, until the sponge is springy to the touch and slightly coming away from the sides of the tin.
5. Allow to cool in tin for two minutes, then loosen around edge with round bladed knife and turn out on to rack to cool right off
6. Slice the sponge into squares about 2" wide, and place in the base of a glass bowl
7. **OR, if using trifle sponges,** layer these into the glass bowl
8. If using pears, peel and core four or five. Slice into halves and poach in a little water with a dessertspoon of Demerara sugar, to make some syrup. Put to one side and allow to cool.
9. Pour the cooled pears or tinned fruit with all the juice over the sponge and allow to soak in, adding a little apple juice if the sponge still appears a little dry. Whilst the juice is soaking, make the custard according to the instructions on the custard tin (or use Ian's recipe).
10. Also allow custard to cool, then, removing the thick skin, pour over the sponge and fruit. Place in fridge to cool and set.
11. Then pipe or spread crème fraiche across the top and decorate with fruit, glace cherries and/or blanched, split almonds