

Fish Fingers And Custard

A Meal Fit For a Doctor

Friday, August 31, 2012

Fish Sticks with Custard (Tardis Sauce)

The Sticks:

1 pound haddock or Pollock fillets
1 3/4 cups panko, divided
3 eggs, divided
1 tablespoon mayonnaise
1 tablespoon Dijon mustard
1/2 teaspoon onion powder
1/2 teaspoon kosher salt
1/4 teaspoon cayenne pepper
1/2 cup all purpose flour

3 to 4 tablespoons canola oil (depending on the size of your skillet, you need enough to completely cover the bottom by 1/8th of an inch)

1. Place the fish fillets in the freezer for 30 minutes or until firm. (If you bought them frozen, thaw for half an hour at room temp).
2. When the fish is just soft enough to cut, finely chop.
3. Place in a bowl along with 3/4 cup panko, 1 egg, mayonnaise, mustard, onion powder, salt and cayenne pepper. Use your hands or a large spoon to combine well.
4. Shape the fish mixture into 1 1/2 ounce finger-shaped sticks. Set on a sheet pan and refrigerate for 30 minutes.
5. Beat the remaining 2 eggs in a shallow pie pan.
6. Place the remaining cup of panko in a second pie pan and the flour in a third.
7. Roll each stick in the flour, then egg, followed by the panko.
8. Heat the oil in wide, non-stick skillet over medium heat (or an electric skillet to medium high) until it shimmers. Add the fish sticks and cook for 2 to 3 minutes on each side or until golden brown. Total cook time 8 to 12 minutes.
9. Cool slightly before consuming.

Yield: 12

The Custard:

1 cup whole milk

1 tablespoon cornstarch

1 teaspoon Dijon mustard

1 teaspoon freshly squeezed lemon juice

1/2 teaspoon kosher salt

1 egg yolk, whisked

1 teaspoon fresh chopped dill

several grinds of white pepper

Place all ingredients except egg yolk and dill into a lidded container and shake until no lumps remain. Pour mixture into a small, 1-quart saucepan and set over medium low heat. Cook, stirring constantly until the mixture just boils. Remove from the heat and whisk a very small amount of the hot mixture into the beaten egg a little at a time. Once half of the mixture has been incorporated, return the entire thing back to the saucepan and set over low heat. Whisk constantly until the mixture thickens enough to coat the back of a spoon. Remove from the heat, stir in the dill and pepper then transfer to a bowl and cool slightly before serving with the fish sticks!

Yield: About 1 cup