

Jason Pettit – Capital Radio Recipe



Crunchy Fish Burger with Asian Slaw and zesty mayo!

Juicy white fish fillets coated in panko (Japanese style) breadcrumbs with a lightly spiced cabbage slaw and a zesty lime and coriander mayonnaise.

Deliciously filling by itself or pair with some 'healthy' chips.

Ingredients

4	each	lemon sole fillets	(180 grms approx.)
4	Tbsp	plain flour	(75 grms approx.)
½	Tsp	paprika	(3 grms approx.)
		salt & black pepper	to taste
1	lrg	egg	
1	Tbsp	water	
2	cups	panko breadcrumbs	(100 grms approx.)
		sunflower or vegetable oil	for deep frying
4	each	bread rolls / burger buns	

Asian Slaw

150	gram	red cabbage	(shredded thinly)
150	gram	Chinese cabbage	(shredded thinly)
1	lrg	carrot	(peeled & grated)
2	each	spring onion	(finely sliced)
½	bunch	coriander leaves	(finely chopped)
1	tub	greek yoghurt	(200 grms approx.)
1	Tbsp	sri racha sauce	(20 grms approx.)
		salt & black pepper	to taste

Zesty Mayo

6	Tbsp	mayonnaise	(120 grms approx.)
1	Tbsp	coriander	(finely chopped)
1	lrg	lime	(zested & juiced)
		salt	to taste

Jason Pettit – Capital Radio Recipe

Method

Place all the Asian Slaw prepared vegetables into a bowl and lightly season with salt & black pepper.

Toss together to mix.

Add the yoghurt and sri racha and mix – set aside.

Place mayonnaise, lime zest, chopped coriander and half the lime juice in a bowl and mix. Taste and lightly season with salt.

Add more lime juice to taste and mix – set aside.

Sieve the flour into a large bowl / dish then season with salt, pepper and paprika – mix well.

Beat the egg with the water in a large dish / bowl.

Put the panko breadcrumbs in another large dish / bowl.

Cut the sole fillets in half.

Dip each fillet in the seasoned flour, then the egg and then in the panko breadcrumbs. Lightly press the fillets so the panko sticks.

Place onto a clean tray / plate.

Fill a deep pan with 2 inches of oil and heat to 180 / 190°C.

Deep fry the fish in batches until crisp and golden brown (2 – 3 minutes).

Remove and drain on kitchen paper.

Keep warm under a warm grill until all fillets are cooked.

Split the buns in half and toast on both sides.

Put a generous spoonful of zesty mayo on the bottom buns.

Top with 2 crispy fish fillets then divide the Asian slaw onto the fillets.

Place the top bun on and serve with remaining zesty mayo on the side.

Notes from the chef:

Any flat white fish fillets can be used such as plaice. If you can only find thicker fillets, then you cook them on a lower temperature for longer (170 / 180°C) 4 minutes.

The fish can be breadcrumbing in advance but remove from the fridge for 30 minutes before cooking. Place greaseproof paper between layers.

The zesty mayo can be made in advance.

The Asian slaw can be made in advance.

If you do not have a thermometer, you can test the oil by placing a cube of bread in – it will go golden brown in 30 seconds when the oil is hot enough.

Jason Pettit – Capital Radio Recipe

Notes from the chef for a Vegan Version;

Option 1

Replace the fish with portobello mushrooms.

Replace the egg and water with plant based or nut milk.

Oil temperature should be slightly lower at 170 / 180°C.

Option 2

Replace the fish with aubergine into 10mm slices – these can be cut at an angle if the aubergine are not very big or thick.

Replace the egg and water with plant based or nut milk.

Oil temperature should be slightly lower at 170 / 180°C.

Option 3

Hearts of Palm 'fish' cake recipe

2	cups	hearts of palm	(well drained)
1	small	onion	(peeled & finely chopped)
1	each	celery stalk	(trimmed & finely chopped)
½	small	lemon	(zested & juiced)
½	cup	chickpea flour	
1	Tsp	honey	
½	Tsp	garlic powder	
½	Tsp	onion powder	
		salt & black pepper	to taste

Method

Drain the hearts of palm well and then chop finely and place into a mixing bowl. Add the celery and onion and mix.

Add 1 Tsp of lemon juice and all remaining seasonings and chickpea flour and combine well.

Taste and adjust seasoning and add more lemon juice if desired.

Divide into 4 equal sized patties and set in the fridge for a few hours before crumbing and cooking.

Replace the hearts of palm with marinated cooked artichoke hearts.

Replace the yoghurt with vegan yoghurt or olive oil.

Replace the mayo with vegan mayo, or alternatively, peel and smash and avocado to a creamy puree.

Tbsp - tablespoon

Tsp – teaspoon