



45°N
63°W

CLASSIC POLLOCK FISH STICKS

with Creamy Tartar Sauce

INGREDIENTS:

FISH STICKS

- 4 Nova Scotia pollock fillets
- 2 large eggs
- 2 cups panko crumbs
- ¼ cup flour
- ½ cup dill, chopped
- Salt and pepper, to taste
- 1L canola oil

TARTAR SAUCE

- 2 tsp shallot, finely chopped
- 1 ½ lemon, zested
- 1 tbsp lemon juice
- ½ cup mayonnaise
- ⅓ cup cornichons, finely chopped
- 3 tbsp capers, chopped
- 5 tbsp dill, chopped
- Salt and pepper, to taste

INSTRUCTIONS:

Portion pollock into fish stick shaped strips and season with salt and pepper.

Beat two eggs in a bowl until fully combined. Mix dill and panko in another bowl.

Run pollock through the flour making sure to beat off any excess. Run through egg wash. Toss in panko and dill mix, making sure to get an even mix of both.

Fry in oil at 350°F 4-5 minutes or until golden brown. Remove from oil and allow to drip dry on a baking rack.

TARTAR SAUCE

In a bowl, combine all tartar sauce components until fully incorporated.

Recipe provided by Andy Hay, Masterchef Canada.