

crumbed fish fillets with crushed potato

Serves 4

4 frozen hake fillets
250 ml cake flour
5 ml salt
15 ml fresh mixed herbs, chopped
2 eggs, beaten with a little
Clover Full Cream Fresh Milk
120 g fresh breadcrumbs
Clover Ghee for shallow-frying
salt and freshly ground black pepper to taste

To serve

crushed potato
lemon or lime wedges

Sift flour and salt together. Add herbs and salt. Coat fish with flour, dip into egg mixture and then into breadcrumbs. Refrigerate for 20 minutes. Heat the ghee in a large, heavy-based frying pan. Add the fish and fry on both sides until crust is golden brown and the fish flakes easily. Remove from ghee and drain on kitchen paper. Season to taste and serve with crushed potato and lemon or lime wedges.

Variation

Replace fish fillets with pork or chicken schnitzels.