

Pan-fried Hake on a seasonal vegetable salad with extra virgin olive oil dressing

Hake is a delicately flavoured & textured fish that works well with clean fresh seasonal flavours; the dressing adds a balanced richness with a quality olive oil & sharp lemon freshness.

Ingredients

600gms Hake fillet – 4 x 150gm portions
30gms Butter
30gms Cooking Oil
flaky salt & freshly ground white pepper to taste

Salad

Any fresh seasonally appropriate vegetables could work with Hake however be careful with too many strong flavoured vegetable as Hake is very delicate in flavour.

Example – Salad in the image

12 each Cherry Tomatoes (blanched & peeled, skins can be deep-fried)

12 cloves Shallot cloves – pan fried till soft & lightly coloured

12 each Asparagus spears (blanched)

1 each Waxy Potato (ball with a melon scoop & blanched till just tender)

Basil leaves & chive flowers to garnish.

Dressing

100mls Extra Virgin Olive Oil (fruity rather savoury flavour profile)

20mls Lemon Juice (freshly squeezed)

salt & fresh ground white pepper to taste

Makes 4 Main Course Portions



Method to cook the Hake

- Pre-heat a frying pan (preferably an iron skillet or a Teflon coated fry-pan), set on a high heat.
- Ensure the Hake portions are patted dry on all sides with a cloth or paper towel before pan frying, season the Hake just prior to frying.
- Place the oil in the pan, allow 30 sec before carefully placing the Hake in the fry pan, the fish should be sizzling (if not the pan is not hot enough).
- Allow the fish to go a light brown/caramelized colour then add the butter & turn the heat down slightly. Cook for approximately another 20-30 sec then turn the portions over. Cooking time will depend on the thickness of the fillets but a good indication that the fish is cooked, is if a white protein liquid leeches out of the side of the Hake fillet, this indicates that it is cooked completely through.
- Hake has a firm texture however overcooking will result in a dry eating product.
- When you feel the Hake is cooked spoon some of the oil/butter over the portions & remove from the heat & serve as soon as possible to maintain the flavour & texture.

Salad

- There is no right or wrong to the mixing of the salad rather ensure the ingredients are fresh & appropriately prepared.
- Arrange all salad ingredients evenly on four serving plates.

Dressing

- Combine ingredients together with a whisk or in a dressing shaker. It will improve the flavour if it is warmed slightly.

Completing the Dish to serve

- Portion the salad evenly between 4 plates.
- Place the hot Hake portions on top of the salads & then evenly pour the dressing over each Hake portion, the dressing will filter to the bottom of the plate which will then dress the salad as it is eaten.

Serve immediately

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