

## Hake escabeche with avocado oil

*Escabeche is a traditional method to preserve fish for a longer period. This recipe uses that method to achieve a variation to other cooking methods & uses the sharpness of the vinegar & the richness of the avocado oil to balance the flavours. A great summer entrée.*

### **Ingredients - Escabeche**

4x 100gms Hake (thin fillets)

150mls Moscatel Vinegar (or sherry vinegar)

50mls Water

2 tsp Sugar

1/2 tsp Salt

100 gms Red Onion – thinly sliced

1/2 Carrot – peeled & cut into thin round slices

125 mls Grapeseed oil

Also required is a medium to large food grade ziplock bag, size would depend on the hake fillet size.

### **Garnish**

3 Radish – cut into thin rounds

80mls Avocado Oil

16 Baby Mizuna sprigs

8 Coriander Micro Greens sprigs

8 Watercress tips

Makes 4 Entrée portions



### **Method – Escabeche**

- In a small stainless steel saucepan bring the vinegar, water, sugar, salt up to the boil.
- Place the carrot into the boiling liquid & remove from the heat. Add the oil at this stage & allow to cool to touch.
- Place the Hake fillets in a med to large ziplock plastic food bag with the red onion & carefully pour the vinegar & carrot mixture into the bag. Partially seal the bag allowing it to breath until completely cooled. Seal the bag removing as much air as possible & refrigerate for 12-24 hours. Turn the bag at least 6 times over this period.

### **Completing the Dish to Serve**

- Before serving bring the Hake out of the refrigerator & allow to come up to room temperature.
- Remove the Hake & vegetables from the bag & reserve the escabeche liquid.
- Set 4 plates & evenly arrange the vegetables between the plates, then lay one portion of Hake per plate.
- Finish the dish by arranging the garnishes across all the plates & drizzling avocado oil on each dish. Serve.

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