

Pan-fried Hoki with wholemeal, bacon & herb crumb

Hoki has a moist, white, delicate flesh that flakes well when cooked; the crumb in this recipe adds a textural complement & a savory sweet flavor profile

Ingredients

600gms Hoki Fillet – 4 x 150gm portions
30gms Butter
30gms Cooking Oil
Flaky salt & freshly ground white pepper to taste

Crumb

3 Slices Wholemeal Toast Bread
2 Rashers Smoky Belly Bacon
6 Sun-dried Tomato – rough chopped
1 Tbsp Cornflakes - crushed
20gms Capers – rough chopped
1 tsp Fresh Parsley – rough chopped
1/2 tsp Fresh Tarragon – rough chopped
1 tsp Fresh Chives - finely cut
20mls Cooking Oil
Flaky Salt & fresh ground Black Pepper

Makes 4 Main Course Portions



Method to cook the Hoki

- Pre-heat a frying pan (preferably an iron skillet or a Teflon coated fry-pan), set on a high heat.
- Ensure the Hoki portions are patted dry on all sides with a cloth or paper towel before pan frying, season the Hoki just prior to frying.
- Place the oil in the pan, allow 30 sec before carefully placing the Hoki 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 Hoki fillet, this indicates that it is cooked completely through.
- Take care not to overcook the Hoki as this will result in a dry eating product.
- When you feel the Hoki is cooked spoon some of the oil/butter over the portions & remove from the heat.

Crumb

- Toast the bread & cut into a chunky rough crumb (include the crust)
- Pour the oil into a medium non-stick frying pan, fry the bacon till crispy & remove, leaving the remaining oil in the pan. Allow the bacon to cool & rough chop into small pieces.
- Place the wholemeal crumb into the fry pan & stir so that they soak up the bacon oil.
- Place all other ingredients into the pan & mix, season to taste with salt & pepper.
- Keep the crumb warm while cooking the fish.

Completing the Dish to Serve

- Warm 4 plates
- Carefully & quickly spoon the warm crumb on top of each cooked hot Hoki fillet & lightly press down so it remains in place when serving.
- Place one fillet on each plate.
- To complement the fish a small fresh seasonal salad can be added to each plate & lemon to dress the salad & fish.

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