

Hake Fish Fingers

with Warm Tartare Sauce and Summer Salad

A mild fish similar to cod and haddock, hake is much loved on the continent with each Spaniard estimated to consume 6kg per year. The flesh is soft, but becomes meatier when cooked. Despite fishermen landing 12,000 tonnes of hake into the UK in 2013, only 1.5 per cent was eaten in Britain.

HAKE FISH FINGERS

METHOD

Pin bone and take the skin off the hake, cut in to 2cm wide by 15cm long pieces.

Next set up your 'pane' which is 3 mixing bowls with the flour, beaten eggs and then your breadcrumbs mixed with the pork air bag.

Dip the hake in the flour making sure to pat off any excess, followed by the egg and finally the breadcrumbs.

WARM TARTARE SAUCE

METHOD

Place the wine, fish stock, coriander, fennel seeds and the garlic in a pan and simmer for 10 minutes. Next add the cream and bring to the boil. Then allow to cool and pass through a fine chinoise or sieve.

Finely dice the fennel, cucumber skin (and small amount of flesh) and gherkin, then mix with the capers.

Chop the chives.

Mix the fish cream, mayonnaise, chives and the diced vegetables and warm to around 45°C gently.

The Magnificent
SEVEN
OF SUSTAINABLE
SEAFOOD

HAKE

STEVEN SMITH



Steven Smith is chef-proprietor of one of the North West's top dining establishments, Freemasons at Wiswell. Here he gives his recipe for hearty and filling hake fish fingers.

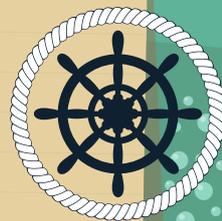
INGREDIENTS

Spicy Baked Crab

- 2 large hake fillets
- 2 eggs
- 100g flour
- 250g Panko breadcrumbs
- 30g Pork air bag

Warm tartare sauce

- 1/2 cucumber
- 1 small fennel
- 20g mini capers
- 1 large gherkin
- 20g chives
- 100ml cream
- 50ml white wine
- 50ml fish stock
- 1 clove garlic
- 5g coriander seeds
- 5g fennel seeds
- 1 star anise
- 50g mayonnaise



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SUMMER SALAD

METHOD

Take the eye out of the tomato and score the skin, only at the top. Blanch in boiling water for 5 seconds only, then immediately drop in ice water for two minutes.

The skin will now peel off with ease. Cut in to quarters, discard the seeds and now dice in to small cubes.

Blanch the peas and broad beans in salted boiling water, then chill in ice water immediately. Take the outer shell off the broad beans.

Slice the fennel really thin, ideally on a mandolin.

Peel the cucumber and take the seeds out and dice.

Poach the mushrooms in the water and vinegar by boiling the liquor and pouring over the mushrooms only.

Segment the orange and cut each segment in to four pieces.

Trim the peashoots.

Juice the lemon.

TO SERVE

Mix together all the salad ingredients apart from the pea shoots, dress with the oil, lemon and season.

Fry the hake, season and lemon the fish when cooked. Warm the tartare sauce.

Plate up accordingly finishing with the pea shoots and dress with more rapeseed oil.

The Magnificent SEVEN OF SUSTAINABLE SEAFOOD HAKE

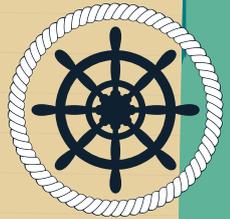
STEVEN SMITH



INGREDIENTS

Summer Salad

- 1 plum tomato
- 30g fresh peas
- 30g broad beans
- 1 fennel
- 1/2 cucumber
- 1 punnet peashoots
- 1 orange
- 30g shiitake mushrooms
- 10ml cider vinegar
- 50ml water
- 1 lemon
- Rapeseed oil



Sustainability Checklist

- ✓ The stock size of Hake is ranked as "abundant" and the fishing pressure on it "low", making it one of the most sustainable fish to eat
- ✓ The International Council for Exploration of the Seas has confirmed that fishing in our fisheries is not just sustainable but consistent with levels that will deliver high long-term yields
- ✓ Many stocks are now under long term management plans which set out safe conditions for each stock
- ✓ Many UK fishing vessels are members of the Responsible Fishing Scheme which lays down minimum standards
- ✓ The development of highly selective fishing gears is well underway and in use aboard most fishing vessels

