



## HAKE WITH CANTONESE GLAZE



RECIPE BY REBECA HERNÁNDEZ

CHEF, RESTAURATEUR, AND  
FORMER CONTESTANT ON  
TOP CHEF SPAIN.

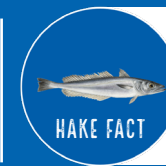


COOKING TIME  
20 MINS



SERVING  
1

AN EXOTIC CANTONESE INSPIRATION FOR THIS RECIPE MADE WITH A POPULAR FISH IN SPAIN (OR OTHER FIRM WHITE FISH FILLETS SUCH AS COD, HALIBUT OR FLOUNDER). BY MADRID-BASED CHEF AND RESTAURATEUR REBECA HERNANDEZ.



HAKE BECOME SEXUALLY  
MATURE RELATIVELY LATE  
WHICH MEANS OVERFISHED  
STOCKS WILL RECOVER  
SLOWLY.

## INGREDIENTS

- 150g of MSC certified hake fillet
- 400ml sake
- 400ml mirin
- 200ml soy sauce
- 100ml oyster sauce
- 2 ladlefuls of glazed sauce
- 2 ladlefuls of chicken broth (or alternative)
- 1 tablespoon of corn-starch (corn flour)



and remember to look  
for the blue fish label



## METHOD

1. Add the sake, mirin, soy and oyster sauce into a pan and reduce to simmer.
2. Cook the hake as you prefer it - either baked, steamed, grilled, or placed into the sauce as it is reducing.
3. Once the hake is cooked, cover it with the glaze. Add a lightly pickled onion to the reduction.
4. Serve with the broth.