



BASQUE-STYLE HAKE WITH GARLIC AND SAUCE ROMESCO



RECIPE BY MITCH TONKS

AWARD-WINNING SEAFOOD CHEF,
RESTAURANTEUR, WRITER AND
MSC UK AMBASSADOR

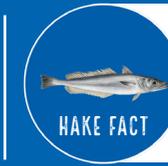


COOKING TIME
20 MINS



SERVING
4

A HEALTHY RECIPE USING HAKE (OR ANY OTHER WHITE FISH FILLET SUCH AS COD OR HADDOCK), WITH A CLASSIC GARNISH FROM NORTHERN SPAIN. BY UK CHEF, WRITER, RESTAURATEUR AND MSC UK AMBASSADOR, MITCH TONKS.



HAKE ARE ONE OF THE HEALTHIEST FISH BECAUSE THE TENDER MEAT IS VERY LOW IN FAT, AND CONTAINS PHOSPHORUS AND CALCIUM FOR HEALTHY BONE GROWTH.

INGREDIENTS

- ½ dried nora/choricero chilli
- 4 MSC certified hake fillets, about 180–200g each, with skin on
- 100ml olive oil
- 4 garlic cloves, finely sliced
- 20ml good quality agrodolce vinegar (e.g. white balsamic vinegar)
- 1 teaspoon chopped parsley
- salt

For the sauce Romesco

- 4 dried nora/choricero chillies
- 100g whole blanched almonds
- 6 garlic cloves, peeled
- 12 roasted pequillo peppers
- 1 teaspoon sweet paprika
- 1 teaspoon smoked paprika
- ¼ teaspoon hot smoked paprika
- 25ml sherry vinegar
- 100ml olive oil
- salt



and remember to look for the blue fish label



METHOD

1. Preheat the oven to 200°C/Gas Mark 6. Soak the dried chillies for both the fish and the sauce in separate bowls for 10 minutes, then drain and deseed.
2. Place the almonds and the 4 soaked chillies in a processor and pulse until roughly chopped. Add the garlic, roasted peppers and spices and pulse again. Add the vinegar, most of the olive oil (reserve 1 tablespoonful for later) and a pinch of salt, then pulse again to produce a thick sauce that is neither too chunky nor too smooth.
3. Fry the hake fillets skin-side down in a large, ovenproof frying pan in the reserved olive oil until lightly golden. Turn, then transfer the pan to the oven and roast the fish for about 5 minutes, or until just cooked through.
4. Finely slice the soaked dried chilli. Heat the garlic in a little olive oil, add the sliced dried chilli and a pinch of salt. Cook gently for 2 minutes, stirring occasionally to distribute the garlic and chilli.
5. As soon as the edges of the garlic begin to turn golden, take off the heat and allow to cool slightly. Add a splash of the agrodolce vinegar and the chopped parsley.
6. Remove the hake from the oven, put a fillet on each serving plate and peel away the skin. Spoon a little sauce over each piece of fish and serve with a spoonful of Romesco sauce.