BASCO
GOURMET SPAIN TO YOUR DOOR

Hake Recipe Basque Style



PREP TIME
5 MINS

COOK TIME
10 MINS

TOTAL TIME
15 MINS

SERVES 2 PEOPLE

EASY

Ingredients

2 pieces of fresh hake fillet weighing 125g each, skin off
1 garlic clove, peeled and finely chopped
1/4 guindilla or dried chilli, thinly sliced
4 tbsp extra virgin olive oil
1 tbsp plain flour, plus extra for coating the fish
150ml fish stock, made from hake bones
1 tbsp finely chopped fresh flat-leaf parsley
Sea salt

Method

Start by coating on a plate the hake fillets with the flour.

Heat 2 tablespoons of the oil in a medium sized pan and fry the hake fillets for about 2 minutes on each side. Set aside.

In the same pan, add the remaining oil, chopped garlic and guindilla chilli and heat gently. Once the garlic starts to jump, remove the chilli, lower the heat and add the tablespoon of plain flour. Cook the flour on a low heat for about one minute, stirring well so the mix does not burn. Start pouring the hot hake stock, a laddle at a time, making sure you mixing the sauce well, so you don’t end up with any lumps. Use a whisk for this. Add some more stock until you get a smooth velvety sauce with the consistency of double cream. Check the sauce for seasoning and adjust with a touch of salt.

Add the hake pieces presentation side up, cover with a lid and poach on a low heat for about 1 minute to warm up and finish cooking.

Add the freshly chopped parsley, mix into the sauce well, cook on a low heat for 30 seconds. Serve with crusty bread and cold txakoli.

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