



## MSC hake fish fingers,

served in sourdough bread, with a wedge of lemon  
and a portion of chips.

Hake are round fish caught via static net in Cornwall, or demersal trawled in Scottish waters. MSC Hake is available and the fish is most abundant in the months from March to October.

Prep / Cooking: **40mins** Servings: **10 people**

### Ingredients

- 10 x scaled and boned fresh MSC hake supremes
- Plain white flour (100g)
- 4 x Free range medium eggs
- Panko breadcrumbs (500g)
- Unsalted butter (100g)
- Peas (400g)
- Sea salt (5g)
- Whole black pepper (0.5g)
- Mint (6g)
- 2 boules x Sourdough bread
- Tartare sauce (300ml)
- Watercress pre packed (100g)
- 3x Lemons



### Instructions

1. Cut the hake into evenly sized fingers. Leave the skin on if you wish.
2. Dust with flour, beaten egg and panko crumb. Keep these chilled until required.
3. Melt 30g of butter in a pan and add in the peas, salt and fresh cracked black pepper. Cook for 5-6 minutes and then blend. Add chopped mint to finish.
4. Fry the Hake fish fingers at 170c until fully cooked, and allow to rest.
5. Butter the bread and spread with the pea mix, then top with the hake fingers. Add a squeeze of lemon, a dollop of tartare sauce and some fresh watercress.
6. Serve it up with wedges of lemon and a portion of chips if you wish.

