

Pan fried hake, sorrel butter sauce, grilled asparagus with gremolata.



Ingredients

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Serves 5

- 5 x 170g - 200g Hake supremes
- 20ml Olive oil
- 40g Jersey butter
- 250g Asparagus
- 100g Gremolata dressing
- 400ml Sorrel butter sauce
- 15g Micro red chard
- 0.5g Black pepper

To serve

- Black pepper
- Olive oil

Gremolata

This recipe is for a batch to keep for other dishes.

- 100g Flat leaf parsley
- 2 Cloves garlic bulb
- 1 Lemon | Lemon juice
- 1 Lemon | Lemon zest
- 100 ml Cold pressed rapeseed oil
- 0.5g Black pepper
- 1g Sea salt

Sorrel butter sauce

- 260ml White wine
- 100ml White wine vinegar
- 1 Whole banana shallot
- 400g Jersey butter
- 20g Sorrel
- 0.2g Black pepper



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Methods

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1. Pan fry the hake supremes in a little oil and then baste with butter. Allow to rest before serving.
2. Cook and dress the asparagus with gremolata.
3. Plate the Hake with asparagus, finish with the butter & sorrel sauce, micro red chard and cracked black pepper.

Gremolata

1. Place the parsley and garlic into a food blender and pulse until chopped, then add the juice and zest from 1 lemon and pour in the oil a little at a time. Finish with black pepper and sea salt.

Sorrel butter sauce

1. Place the white wine, vinegar and sliced shallot into a saucepan and reduce until you have approximately 2 tablespoons of liquid left.
2. Whisk in the diced butter a little at a time then pass the sauce through a fine sieve into a clean pan.
3. Finely slice the sorrel and add to the sauce.
4. Season with fresh ground black pepper. (Keep warm).