
RECIPE OF THE WEEK

Hake Catalan

Once upon a time hake, coley and monkfish were something that my Gran fed to the cat but nowadays hake and monkfish are justly viewed as 'premium' fish.

Hake is a particular favourite of mine for it's meaty texture (it's a member of the cod



family), it's fineness, sweet flavour and the fact it doesn't flake like cod. It's also the most sustainable and plentiful fish in British waters.

Ironically, only 1.5% of the UK catch stays in Britain where it's near relative, cod, is king. Most British hake is sent to Spain where it's called merluzzo. This recipe, then, comes from the experts who eat an average of 6kg per

person per year. That many Spaniards can't be wrong!

4 hake steaks or fillets, about 150g each
1 tbsp olive oil
1 onion, chopped
1 clove of garlic, crushed
60g fresh chorizo sausage or 'nduja
couple of sprigs fresh thyme
1 tsp smoked paprika
400g tin chopped tomatoes
400g passata
400g tin of haricot or cannellini beans,
rinsed and drained (ideally use dried which
you cooked the days before)

Heat the olive oil in a saucepan, add the onion and saute until it is translucent. Add the garlic, chorizo and paprika and continue to sauté until the chorizo begins to release its oil.

Add the tomatoes, passata with a good grind of black pepper and a sprig of thyme. Bring towards the boil, pop the lid on and then turn the heat down as low as you can. Now simmer, really gently, for an hour so or turn into a slow cooker.

Once the sauce is cooked, add the beans then continue to slow cook for a further 45 minutes maybe adding a splash of white wine if the sauce dries out a bit.

When the sauce is reduced, heat a frying pan until hot and pan fry the hake, skin side down first, for about 5 minutes each side.

Serves 4.

To download this recipe go to www.squisito-deli.co.uk
