



**CORNWALL**  
**GOOD**  
**SEAFOOD**  
**GUIDE**

## Hake

with Provencal sauce,  
mussels and pesto



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Flying Fish Seafoods 2020

A delicious combination of two of the most sustainable Cornish seafoods available. Line caught Cornish hake and rope grown Cornish mussels, in a classic dish by chef David Sharland.



## Hake

with Provençal sauce, mussels and pesto

### Ingredients

**Cooking time:** 40 minutes

**Serves:** one

#### Hake and Provençal sauce

180g boneless fillet of Cornish net caught hake

2 tbsp olive oil

1 small onion, chopped

1 x 400g tin of chopped tomatoes

50ml white wine

4 garlic cloves

Parsley, thyme, chervil, rosemary and tarragon, all chopped.

#### Pesto (no cheese recipe)

8g fresh basil leaves

5g cashew nuts

2 garlic cloves

25ml olive oil

Salt

#### Mussels

A cup of cleaned Cornish farmed mussels – David used St Austell bay farmed mussels.

### Method

**Provençal sauce:** heat the pan and add a tablespoon of olive oil and add the chopped onion. Cook until soft but not too golden. Add the tinned tomatoes and stir. Cover and cook for 5 mins. Add the white wine and chopped garlic and some of the chopped herbs. If you don't use all the herbs try to use thyme and rosemary as they add the most flavour. Cook on a low heat to reduce the liquid, for around 25 mins. Finish with the rest of the chopped herbs.

**Pesto:** blend the nuts and garlic and add the chopped basil. Don't over chop/blend, leave a little coarse, pesto should not be too runny. Drizzle in the olive oil and mix ingredients together. Add a little salt to taste.

**Mussels:** add the white wine and mussels to a deep pan and steam open (2-3 minutes). When the mussels have cooled remove the flesh from the shells, keeping 5 or 6 whole. Chop the rest and add to the pesto.

**Hake:** heat one tablespoon of oil in a pan and add the hake, cook on a medium heat, skin down. The skin should colour after about 3 mins. You should see the flesh below the skin start to turn translucent, this is when it's time to turn the fish over and cook on the other side for 5 mins. Don't move the fish around the pan whilst cooking, you need to allow it to crisp up. Remove from the heat and leave to rest. Whilst resting remove the skin.

**To serve:** place a spoonful of pesto on top of the fish, spread evenly. Add the whole mussels to the Provençal sauce. Put a large spoon of sauce in the middle of the plate, place the fish on the top. Enjoy.

Follow the QR code overleaf for more information on Hake and its sustainability

Cornwall Good Seafood Guide is a website that aims to help us all make good seafood choices, by providing detailed sustainability information on all of Cornwall's seafood.

[www.cornwallgoodseafoodguide.org.uk](http://www.cornwallgoodseafoodguide.org.uk)

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