

# FAITHLEGG



## **Fillet of Hake with House Smoked Mussels**

Hake is a such a versatile fish which opens it up to so many cooking methods and flavours. The hake can absorb so many flavours while holding onto the delicate fish taste, but this is down to correct number of spices and seasoning.

I use the fillet for this dish your fishmonger can fillet it for you removing any bones and scales.

This recipe is one portion so you can multiply for the whole family.

- 200g hake fillet
- 50ml of cream
- 20g Samphire
- 1 diced shallot
- 200g whole mussels

### **Mussels**

Clean and de beard them

Smoking the mussels

I use oak chips from the estate, put the chips on the bottom of the table top smoker put an empty tray on top and put the mussels in it heat the smoker until the smoke starts to appear, the mussels will start to cook and open with the smoke while taking in the smoke essences. Use the liquid to make the sauce for the dish.

### **Assembling the dish**

Pan fry the hake in a non-stick pan with butter skin side down

In a pot sauté the shallot add the mussels and stock when heated add the cream and samphire

In a bowl put in the mussel broth and put hake fillet on top

Sit back and enjoy this summer dish with a crisp glass of prosecco.