

ITKW_Fish & Chips

Seared hake, pea & mint puree, straw potatoes, samphire & baby spinach, sauce gribiche



Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 452G SERVING	%RI
Energy(Kj)	482 kJ	6%	2178 kJ	26%
Energy(kcal)	116 kcal	6%	523 kcal	26%
Fat	7 g	10%	32 g	46%
of which saturates	1 g	5%	4.7 g	24%
Carbohydrate	2.8 g	1%	13 g	5%
of which sugars	0.8 g	1%	3.6 g	4%
Fibre	1.2 g	5%	5.5 g	22%
Protein	9.6 g	19%	43 g	86%
Salt	0.99 g	17%	4.5 g	75%

CONTAINS:



BARLEY



EGGS



MILK



FISH



MUSTARD



SULPHITES

Recipe Ingredients ...

	Quantity:	Description:
127613 M&J Seafood British MSC Hake Supremes (Skin on, Boneless) 140-170g) - BRAKES	155g	1x Each
134195 Pinguin Pea Puree - BRAKES	50g	0.5x Each
113882 Premium Large Mint Bunch - BRAKES	3g	0.03x Each
10458 Rooster Potatoes - BRAKES	30g	0x Each
102653 Samphire - BRAKES	25g	0.25x Each
10428 Baby Leaf Spinach - BRAKES	15g	0.06x Each
74738 Brakes Free range peeled hard boiled eggs - BRAKES	63g	1x Each
36037 Brakes Capers in Brine - BRAKES	10g	0x Each
119509 Drivers Pickled Gherkins - BRAKES	10g	0x Each
113881 Herb Bunched Flat Leaf Parsley - BRAKES	3g	0.03x Each
27640 Colman's Dijon Mustard 2.25L - BRAKES	3g	0x Each
2032 Brakes White Wine Vinegar - BRAKES	5ml	0x Each
114218 Lemons - BRAKES	50g	0.5x Each
85064 Brakes Extended Life Rapeseed Oil	1.8g	(auto-calculated)

113880 Premium Large Chives Bunch - BRAKES	5g	0.05x Each
118090 Supernature Oil Original Cold Pressed Rapeseed Oil - BRAKES	20g	0x Each
132644 Maldon Sea Salt Flakes 570g - BRAKES	2g	0x Each
134293 Brakes Cracked Black Pepper - BRAKES	2g	0x Each

Cooking Instructions & Notes

PREP

- Defrost hake portion
- Wash and Peel Potatoes, store in water
- Roughly chop Capers, parsley and Gherkins
- Separate the yolk from the white of the egg, put to one side
- Cut Lemon in half on an angle
- Wash and dry spinach and samphire
- Reserve 3 small neat spinach leaves
- Chop mint
- Finely chop chives
- Pre heat Fryer to 180 Celsius

METHOD

- Using julienne blade on mandolin, slice potatoes into thin strips. Pat dry with a j-cloth. Deep fry until golden brown and crisp. Drain onto J-cloth and season with salt. Keep to one side
- In a medium sized bowl, pass the egg yolk through a fine sieve, slowly add half the cold pressed rapeseed oil, stirring all the time until emulsified. Add the capers, gherkin and parsley. Mix well, sieve the egg white into the bowl and stir well, season as required.
- Mix the chives with the remaining cold pressed rapeseed oil
- Heat the pea puree
- In a dry pan, caramelize the lemon, cut side down, until golden brown
- In a medium hot pan, add drizzle of the rapeseed oil. Once hot, place Hake skin side down. Season the flesh.
- Turn fish over, once the sides of the Hake start to go opaque (approx. 5/8 minutes). Cook for 5 minutes more on flesh side
- Remove fish and allow to rest for 3-4 minutes somewhere warm
- In the pan the hake was cooked in, wilt the samphire and spinach. Season, but be wary of too much salt (samphire is slightly salty)
- Plate as per picture