Hake Top-Up

200g hake grilled, fried or Cajun.



Large pan.

Contains Fish - Gluten - Egg

INGREDIENTS

- 200g Hake

GRILLED

- 15g OB dry mix
- 20ml rapeseed oil

FRIED

- 15g OB dry mix
- 70g OB batter mix
- 70ml rapeseed oil

CAJUN

- 2g Cajun spice
- 20ml rapeseed oil

METHOD

1. Grilled: dust the fish with OB dry mix and shake off the excess. Oil the grill and place the fish skin side down. Grill until firm and white, about 3 minutes per side.
2. Fried: dust the fish with OB dry mix, shake off the excess, dip into OB batter mix and drain. Deep fry for about 4 minutes at 180°C. Drain off excess oil.
3. Cajun: dust the fish with Cajun spice. Oil the grill and place the fish skin side down. Grill until firm and white, about 3 minutes per side.

EQUIPMENT

- Flat top grill
- Skimmer
- Deep fryer
- Spatula

TAKEAWAY

Soup & Salad Bowl