

BLACKENED HAKE KEDGEREE

By Chef Bruce Robertson

BLACK SPICE

1 Tbsp Paprika
½ Tbsp Cayenne Pepper
½ Tbsp Chilli Powder
½ Tbsp Ground Cumin

12 x 50gms Hake Fillets/
Cubed
2 Tbsp Olive Oil
¾ Cup Warm Beurre
Blanc Sauce

BEURRE BLANC

½ Cup White Wine
2 Tsp White Wine Vinegar
1 Tsp Lemon Juice
1 Tbsp Shallots/Chopped
2 Tbsp Sour Cream
½ Cup Butter

SOY-MUSTARD SAUCE

¼ Cup Mustard Powder
2 Tbsp Hot Water
2 Tbsp Rice Wine Vinegar
¼ Cup Soy Sauce

RISOTTO

2 Cups Fish Stock
2 Shallots Diced
30g Butter
Pinch Saffron
2 Cloves Garlic
½ Cup White Wine
½ Cup Whipped Cream
6 Stems Chives neatly
chopped

GARNISH

Mung Bean Shoots
½ Tbsp Toasted Sesame
Seeds
4 Quails Eggs/Poached

METHOD

Mustard sauce

In a small bowl add all the ingredients together and let it sit for an hour for the flavours to infuse. Pass it through a fine sieve and refrigerate.

Beurre Blanc

In a small, heavy based/stainless steel pot add the lemon juice chopped shallots and wine. Bring to the simmer and reduce the liquid by half. Add the cream and reduce yet again by half. Add the butter and whisky gently so as not to split the sauce. For this recipe do not strain. Take off heat and keep warm on the side.

Black Spice

In a large bowl mix all the dry ingredients together. Cut the Hake fillet into 12 50g cubes with skin on and generously 'dust' the cubes with the spice mix.

Risotto

In a medium, heavy based/stainless steel pot add the olive oil, diced shallots, crushed garlic and sauté for 2 minutes on medium heat until the shallots are transparent. Add the saffron and butter and melt, stirring with a wooden spoon. Add the rice, stir and add the white wine. Reduce until all the liquid has evaporated.



Add the hot fish stock to the rice, reduce the heat to simmer and continuously stir with a wooden spoon for approximately 10 minutes or until the rice is sticky and al dente. Add more fish stock if need be. Finish off with the whipped cream and chopped chives.

To Serve

In a heavy bottom 'Skillet' Pan add the 2 tablespoons olive oil and bring up to heat, add the 'Dusted' Hake fillets skin side down and sear on both sides for 30 seconds. On the plates, spoon on the hot creamy saffron risotto equally. Carefully place a poached quail egg onto the rice. From the hot pan...onto the plate, place the 'Blackened' Hake fillets. Sauce over with the Beurre Blanc and shallot mix. Drizzle on the mustard dressing and sprinkle over with sesame seeds and the Mung Bean shoot. Serve and enjoy! Keeping it SASSI green...

Get **SASSI** with our famous chefs

and try one of these green recipes using
seafood from the SASSI green list!



WHAT IS SASSI?

The WWF Southern African Sustainable Seafood Initiative (**WWF-SASSI**) aims to help consumers, retailers, restaurants and others involved in the seafood business become better informed and make more ocean-friendly choices when buying and eating seafood. A consumer's species list has been compiled to help you make choices that are better for the environment when deciding what fish to put on your menu at home.

Green-listed species are the best choices as they can handle current fishing pressure or are farmed in a manner that doesn't harm the environment. **Orange-listed** species should be considered with caution as there are reasons for concern (overfishing, vulnerable life history). Species on the **red list** include unsustainable species as well as those that are illegal to buy/sell in South Africa. Don't buy these!

SASSI "FishMS"

The list is also available as a text message service called "FishMS". Send the name of the fish to **079 499 8795** to check whether to tuck in, think twice or avoid completely!

SASSI MOBI SITE

The **WWF-SASSI** mobi site allows you to access the **SASSI** seafood database from any cell phone which has the ability to browse the internet. Visit www.wwfsassi.mobi to check which species are on the green, orange and red list.

Your choices today will affect what is available to you in the future!

Visit our website for more information about the **WWF-SASSI** Restaurant Restaurant Programme and details about how you can get involved.

www.wwf.org.za/sassi



SOME GREEN RECIPES ▶