

HEAT LEVEL 444

Indulge in the elegance of our Hake Thermidor - a luxurious dish featuring tender hake fish enveloped in a creamy and flavorful Thermidor sauce for a delightful and satisfying seafood experience.

35 Mins

4 Servings

INGREDIENTS

About 700g fresh hake fillets 80ml (1/3 cup) cake flour 3ml (1/2 tsp) Spur Seasoning Salt 3ml (1/2 tsp) Spur Lemon & Peri-Peri Seasoning 30ml (2 Tbsp) butter or margarine 60ml (1/4 cup) cooking oil

30ml (2 Tbsp) Spur Durky Sauce 200ml (1 sachet) Spur Pepper Sauce

15ml (1 Tbsp) milk

30ml (2 Tbsp) chopped fresh thyme or dill

METHOD

- Rinse fish in cold water if preferred.
- Dip fish in mixture of cake flour, Spur Seasoning Salt and Spur Lemon & Peri-Peri Seasoning.
- Heat butter and oil in a large frying pan.
- Add fish (flesh side down first), fry lightly and add Spur Durky Sauce.
- Turn and fry on other side, until golden brown and add thyme.
- Transfer fish to an ovenproof dish.

- Whisk Spur Pepper Sauce and milk together and pour over fish.
- Bake in a preheated oven at 180°C for about 25 minutes, garnish with thyme and serve warm.

VARIATIONS

- Substitute the Spur Pepper Sauce for Spur Cheese Sauce.
- Substitute any other fish of choice, such as hake, for kingklip.
- Garnish with 125g Portobellini button mushrooms, sliced and fried.