



HAKE THERMIDOR

HEAT LEVEL 🔥🔥🔥

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

- 1 Rinse fish in cold water if preferred.
- 2 Dip fish in mixture of cake flour, Spur Seasoning Salt and Spur Lemon & Peri-Peri Seasoning.
- 3 Heat butter and oil in a large frying pan.
- 4 Add fish (flesh side down first), fry lightly and add Spur Durky Sauce.
- 5 Turn and fry on other side, until golden brown and add thyme.
- 6 Transfer fish to an ovenproof dish.
- 7 Whisk Spur Pepper Sauce and milk together and pour over fish.
- 8 Bake in a preheated oven at 180°C for about 25 minutes, garnish with thyme and serve warm.

VARIATIONS

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

