

Hake Thermidor



SUPER SIMPLE AND QUICK - A SCRUMTIOUS MEAL GAURANTEED TO BE A FAMILY FAVOURITE.

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.

Variation

- 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.