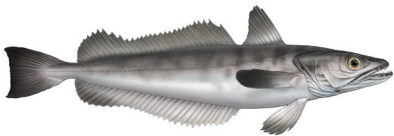


# HAKE

*Merluccius merluccius*



Caught by

PELAGIC

WHITEFISH

INSHORE

A  
**TASTE OF**  
*Shetland*

Hake is plentiful in Shetland waters and it turns beautifully white when cooked.

This tasty, colourful recipe adds a Mediterranean touch to some fine basic Shetland ingredients.



**Baked Hake Niçoise with Root Vegetable Mash**

*RECIPE OVERLEAF*

# Baked Hake Niçoise with Root Vegetable Mash

SERVES 4

## INGREDIENTS

- 500g taaties (potatoes), peeled and chopped
- 250g neep (swede), parsnip or celeriac, peeled and chopped
- 2-3 tbsp milk
- 75g Shetland butter
- 10 cherry tomatoes – cut into slices
- 600g hake fillet cut into chunks
- 1 clove garlic, finely chopped
- 10 anchovy fillets
- 6 stoned olives
- Salt and freshly ground black pepper
- Dill or tarragon to garnish

- 1> First make the root vegetable mash. Boil the vegetables till soft, then mash until semi-smooth with the milk and 25g of the butter. Season to taste.
- 2> Preheat the oven to 220°C\gas mark 7.
- 3> Line a baking tray with greaseproof paper. Spoon small mounds of mash onto the prepared tray and make a shallow well in the centre of each one. Bake on the top shelf of the oven, until the mash is crispy and golden. This will take 15-20 minutes.



- 4> Meanwhile, in a frying pan, melt the remaining butter and gently sauté the garlic until softened but not browned. Add the hake and cook on both sides for 2-3 minutes (it will not be cooked through). Add the sliced cherry tomatoes and cook very gently for 2-3 minutes.
- 5> Remove the tray with the mashed potato from the oven and reduce the heat to 150°C\gas mark 2.
- 6> Put a spoonful of the garlicky tomatoes into the centre of each mound of mash - then arrange pieces of the hake on top of each one.
- 7> Add the anchovies and olives in a crisscross pattern.
- 8> Bake for 10-15 minutes until the fish is cooked through.
- 9> Garnish with dill or tarragon and serve while still hot.

For further details visit [www.tasteofshetland.com](http://www.tasteofshetland.com)

