

TRURO SCHOOL COOKERY

CORNISH HAKE WITH A WARM TOMATO, BLACK OLIVE AND CAPER SALSA

Serves 6

6 hake fillets, skin on, approx. 160g each

800g small new potatoes

200g cherry tomatoes

100g pitted kalamata olives

100g capers

2 cloves garlic, finely chopped

1/2 bunch of flat leaf parsley

2 tbsp balsamic vinegar

8 tbsp extra virgin olive oil

Small bag of rocket

Sea salt and freshly ground black pepper



Method

Preheat the oven to 200°C / Gas Mark 6

Wash the potatoes and slice into 0.5cm rounds.

Place the potatoes onto a large baking tray, drizzle with 2 tbsp of olive oil and season. Mix thoroughly and roast for 20 minutes.

Roughly chop the olives, garlic and capers.

Wash and quarter the cherry tomatoes and finely chop the parsley.

To make the salsa combine the olives, garlic, tomatoes, parsley, vinegar and the remaining 6 tbsp of good olive oil. Season with salt and pepper well.

Remove the potatoes from the oven and stir through the salsa then return to the oven for a further 5 minutes until the potatoes are crispy and golden brown.

Meanwhile, heat a non-stick frying pan, season the hake portions on both sides well, then pan fry skin side down for 4 minutes until skin is crispy. Turn over and continue cooking for a further 2 minutes off the heat.

Remove the potatoes and salsa from the oven top with the hake and return to the oven for a final 3 minutes.

Remove everything from the oven and stir through the rocket.

Divide between warm plates and place hake portions on top, skin side up.