

The Red Lion



We hope you enjoyed Justin's chef demonstration today.
Here's the recipe for you to try it for yourself

ROAST SOUTH COAST HAKE, CHORIZO CRUST, RED PEPPER, TOMATO, CHICKPEA & POTATO STEW, PEASHOOT SALAD

For the Hake: (serves 4)

4 x 250g Hake Portions • 100g Stale Bread (*cubed*)
100g Cooking Chorizo • Rapeseed Oil

For the Stew:

1 Spanish Onion (*sliced*) • 2 Red Peppers (*sliced*)
250g Cherry Tomatoes (*halved*) • Salt & Pepper
1 can Chopped Tomatoes • 2 Cloves Garlic (*chopped*)
1 can Chickpeas (*or dried, soaked overnight and boiled*)
400g Jersey Royals (*washed & sliced in 1/2" slices*)
300ml Fish or Vegetable Stock • 2tbsps Tomato Puree

Method for the Stew:

Heat non-stick frying pan. Add a tablespoon of rapeseed oil and sliced onions & peppers. Cook for 5 minutes until starting to soften. Add garlic and fry for a further minute. Add halved tomatoes & chickpeas. Stir to combine and cook for a further two minutes. Add tinned tomatoes, tomato puree & fish stock. Bring to a medium boil and add sliced potatoes. Taste and add seasoning. Cook for 15-20 minutes until potatoes are cooked through and sauce is slightly thickened.

For the Crust:

Fry chorizo in a little rapeseed oil until it releases the chorizo oil then add cubed bread and fry until golden and crisp. Set aside, cool a little then pulse in a processor until you have a crumb consistency.

For the Hake:

Place hake portions on a nonstick baking sheet skin side down. Season, drizzle with a little rapeseed oil. Roast in a medium hot oven (170°C) for 8-10 minutes. Remove and add the crumb patting down gently to form a crust. Return to the oven for 3-5 minutes. Check it is cooked (*it should be firm and the flakes should be slightly parted*)

To Served:

Place the stew in the middle of a bowl. Put the hake on top. Add the dressed peashoots and drizzle with a little rapeseed oil.