



FILLET OF HAKE WITH FRESH FIGS AND GRAPES

INGREDIENTS

- 500g hake fillet
- 350 fresh ceps (or other fleshy mushrooms)
- 4 fresh figs
- 8 small grapes
- 1 shallot
- Chives
- 16 hazelnuts
- 1 tablespoon of white balsamic vinegar
- Olive oil
- Soy sauce
- 1 garlic clove
- Parsley
- 6 fig leaves
- 30g of butter
- Coarse salt

Serves 4 for a light dinner

**Recipe courtesy of Côté Cours
Cooking class at Hotel Le Saint
James, Bouliac**

METHOD

Preparation of the mushrooms and hazelnuts

- Peel the stems of the ceps and keep the peel; clean with a damp kitchen towel
- Cut four chunks of ceps and refrigerate
- Roast hazelnuts in oven at 150C for 10 minutes

Preparation of the hake

- Portion into 120g per person
- Blanch 4 fig leaves in boiling salt water for 8 minutes; drop into ice water
- Dry leaves and remove ribs
- Brush the leaves with olive oil, season the fish
- Roll each portion up in cling film and keep in refrigerator

Preparation of the mushroom broth

- Put 50cl of water to the boil
- Add the peels, 1 clove of crushed garlic, parsley and simmer for 45 minutes
- Strain through a cloth
- Reduce slightly, then stir in a few drops of soy sauce and 15g of butter; set aside



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METHOD (CONTINUED)

Preparation of the fig, hazelnut and grape accompaniment

- *Chop the shallot*
- *Cut the figs into small pieces*
- *Peel and de-seed the grapes*
- *Crush the hazelnuts*
- *Cook the shallots in a pan with olive oil*
- *Add figs and cook for 1 minute*
- *Mix in grapes, hazelnuts, chopped chives and white balsamic vinegar*

Preparation of the fish and mushrooms

- *Cook the fish in a steam oven at 80C for 5 minutes*
- *Brown the mushrooms in a frying pan with olive oil*
- *Add fig leaves and butter and cook for a few minutes more with a lid*

Presentation

- *Place the mixture in the center of the plate*
- *Arrange the mushrooms around the mixture and place the hake fillet on top*
- *Cover with the mushroom broth, which by now will be a creamy sauce*