



JERNEJ KITCHEN

FRIED HAKE

Fried Hake is a simple and delicious 20-minute family dinner recipe. Use skinless fresh or frozen hake fillets or halibut.

SERVES	4	PEOPLE
PREPARATION:	10	MINUTES
FRY:	10	MINUTES
TOTAL TIME:	20	MINUTES

FRIED HAKE

6 skinless hake fillets (approx.
450g/1 pound)

1/4 tsp garlic powder

1/4 tsp paprika powder

50 g (1/3 cup) all-purpose flour

80 g (1/2 cup) breadcrumbs

2 eggs

500 ml (2 cups) canola oil (for frying)

TOOLS AND EQUIPEMENT Sponsored

paper towels

baking sheet

kitchen thongs

deep skillet

kitchen thermometer (optional)

wire rack

DEFROST FROZEN FISH

If you're using frozen hake fillets, defrost it first. Place a bag with fillets to room temperature a couple of hours before cooking. Or place the fillets in a freezer bag, seal the bag and place it in a bowl filled with room temperature water for one hour for the fish to defrost. You can always omit this step by using fresh fillets.

SEASON THE FISH

Pat dry the hake fillets with a paper towel and place them on a baking sheet. Season on both sides with salt, pepper, garlic powder, and paprika powder.

COAT THE FISH

Place the breadcrumbs into a large deep plate. In a separate deep dish, whisk together the eggs. Add the flour to the third plate. Coat the hake fillets. Working one at a time, coat each fillet in the flour, then dip into the eggs and coat in the breadcrumbs. Shake off excess. Transfer the fish to a plate and repeat with the remaining pieces.

FRYING

Pour canola oil into a deep skillet and place over high heat. When the oil reaches 170°C / 340°F, we can start frying the fillets. Work in batches of three fillets. Deep fry the hake fillets for 5 - 6 minutes, turning them once while frying. Remove the golden-brown fillets and place them on a wire rack lined with paper towels to drain any excess oil.

SERVE