

By: Miguel Ángel Mateos



Grilled Hake Fillet with **White Garlic** Vinaigrette



DIFFICULTY
LOW



CUISINE
FUSION



SERVES
4



TYPE OF DISH
MAIN COURSE



PREPARATION TIME
30 MINUTES



TYPE OF GARLIC
WHITE

Ingredientes

- 4 cloves of 'Big Garlic' White Garlic
- 4 hake fillets
- 1 lime
- 2 Japanese mushrooms
- 12 cherry tomatoes
- Chopped parsley
- Sherry vinegar
- Extra virgin olive oil
- Salt
- 25g pine nuts
- 4 figs
- Fresh coriander

Paso a Paso



1. Peel and finely chop the cloves of white garlic (apart from one which you will need to slice for later) and put aside.
2. Chop the mushrooms into small cubes, divided into stems and caps.
3. Quarter the figs and put aside.
4. Chop the coriander leaves
5. Cut the cherry tomatoes into quarters and put aside.
6. In a frying pan with a little extra virgin olive oil, slightly soften the sliced garlic cloves over a medium heat and put aside. Using the same oil, add the hake to the pan skin side down and cook until golden.
7. Turn the hake over and add the mushroom stems, pine nuts, cherry tomatoes and figs.
8. Leave to cook for 5 minutes, until the hake is cooked through and remove from the heat.
9. Meanwhile, in a bowl, make the vinaigrette by mixing the garlic, coriander, mushroom caps, salt, vinegar, and a dash of extra virgin olive oil.

FINISHING THE DISH

10. Serve the hake fillet in the centre of a plate, with the skin facing downwards, and arrange the sautéed vegetables in a diagonal line.
11. Pour the vinaigrette over the hake and garnish with the browned garlic.
12. Arrange the figs facing upwards around the hake as a finishing touch.

CHEF'S TIPS Miguel Ángel Mateos:

- The most important thing with this dish is getting the cooking time of the hake just right (neither over nor undercooked), just to the point when it is cooked through. You will be able to spot this the moment the flesh turns white, begins to let out its juices in little bubbles and the fillets start to flake.
- This type of fish is great for cooking on the skin-side only, in order to protect the flesh and keep it from drying out.
- What you want in this dish is freshness from the cherry tomatoes, coriander and figs, texture from the pine nuts, and a final flavour kick with the sherry vinegar and both the browned and raw garlic.