

STEIN'S AT HOME

# The Hake Alla Carlina Menu



Smoked Mackerel Pâté



Hake Alla Carlina



Sticky Toffee Pudding



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# Smoked Mackerel Pâté

with sourdough bread and mixed salad leaves

## Ingredients:

Smoked mackerel pâté | Salad leaves  
Vinaigrette | Sourdough bread

## Cooking Instructions:

Toast the **bread**.

Wash the **salad**, mix in a bowl and dress with the **vinaigrette**.

Serve with **pâté** spread on the warm **toast** alongside the **salad**.

*Sleek and designed to travel long migratory distances, the muscle tissue on mackerel is dark and oily for strength and endurance. The oil gives them lots of flavour and makes them very good to smoke.*



# Hake Alla Carlina

a Venetian recipe of a hake fillet with a sauce of tomatoes and capers

## Ingredients:

Hake | Tomato sauce | Parsley  
Buttered potatoes

## Cooking Instructions:

Heat a little **olive oil** in your frying pan. Add the **hake** skin side down and cook on a medium heat for 3 minutes (you should see the flesh changing colour around the edges of the fish).

Turn over and remove the paper. Add the **tomato sauce** and add a lid. Bring to the boil and cook for two minutes, then remove from the heat.

While the **sauce** is heating, finely chop the **parsley** and warm the **potatoes** through in gently simmering water for 8-10 minutes (or microwave for 2-3 minutes).

Remove the **hake** and place in the center of your plate. Add a couple of tablespoons of **olive oil** to the **sauce**.

Check the seasoning, add half of the chopped **parsley** and spoon the **sauce** around the **fish**.

Sprinkle the remaining **parsley** and serve with **potatoes**.



*Hake is my favourite white fish with soft flakes and full flavour.*

# Sticky Toffee Pudding

with Cornish clotted cream

## Ingredients:

Sticky toffee pudding | Fudge sauce  
Clotted cream

## Cooking Instructions:

Place the **pudding** in the microwave for three minutes (with the lid on) or pop into the oven in a heatproof dish with a lid on for 12 minutes.

Serve the **pudding** with the **sauce** poured over.

Spoon over the **cream**.

*I believe that Sticky Toffee Pudding was invented by Francis Coulson, chef and co-owner of The Sharrow Bay Hotel in the Lake District, in the '70's. He likened pastry making to piano playing "it is an art that comes as much from the heart as the hands" he said.*

Made in an environment handling: **CELERY, CEREALS CONTAINING GLUTEN** (such as barley and oats), **CRUSTACEANS** (such as prawns, crabs and lobsters), **EGGS, FISH, MILK, MOLLUSCS** (such as mussels and oysters), **MUSTARD, PEANUTS, SESAME, SOYBEANS, SULPHUR DIOXIDE AND SULPHITES, NUTS**

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Box contains **gel packs** which are designed to keep the food cool, please dispose of these.  
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