

STEIN'S AT HOME

# The Hake Menu



Smoked Mackerel Pâté



Hake with beer, bacon  
and cabbage



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

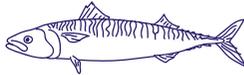
## Cooking Instructions:

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

with beer, bacon and cabbage

## Ingredients:

Hake fillets | Beer & bacon sauce  
Sliced cabbage | Buttered potatoes

## Cooking Instructions:

Preheat the grill to high.

Place the bag of **potatoes** in a gently simmering pan of water for 8-10 minutes (or microwave for 2-3 minutes).

Put a little bit of oil on a grill tray and rub the **hake fillets** in the oil. Season the **fish** with salt and pepper. Grill the **fish** skin side up for 6-10 minutes, depending on the thickness. The rule of thumb with fish is 10 minutes to the inch.

Warm the **beer & bacon sauce** in a saucepan.

Bring the **sliced cabbage** to the boil in a pan and season with salt. Let the **cabbage** boil for 30 seconds, drain in a colander and return to the pan, add the **beer & bacon sauce**, and simmer gently for half a minute, turning the **cabbage** over in the **sauce**.

Divide on two plates, top with the grilled **hake** and serve with the warmed **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**

Please **refrigerate items** after opening your box.  
Box contains **gel packs** which are designed to keep the food cool, please dispose of these.  
Occasionally we may need to substitute products if we're unable to source from our suppliers.