



NOVA SCOTIA SILVER HAKE WITH WHITE BEANS AND CHORIZO

INGREDIENTS:

- 100g raw chorizo (approximately two sausages)
- 1 medium onion, finely chopped
- 300g fresh greens
- 2 medium tomatoes, chopped
- 2 x 150g skinless Nova Scotia Silver Hake fillets
- 350 ml mild olive oil (just enough to cover over the hake)
- 1 clove garlic, crushed
- 1 twig rosemary
- Salt
- 1 red chili, deseeded and chopped
- 400g can white beans, drained
- Juice of ½ a lemon
- 1 tbsp extra virgin olive oil

GARLIC MAYO

- 2 egg yolks
- Zest of 1 lemon + 2 tsp of lemon juice
- 2 tsp Dijon mustard
- 1 garlic clove, crushed
- 200 ml olive oil
- Salt & pepper, to season

INSTRUCTIONS:

Preheat oven to 275F (135C). Fillet the Silver Hake if working from a whole fish. Heat 1 tsp oil in a large frying pan over medium heat. Remove meat from the chorizo casing and place directly into the pan. Add the onion and fry for approximately 5 minutes, crushing the meat with a spatula until broken up, golden and surrounded by its juices. The onion will also be soft and golden. Remove from heat and let sit. Lay the fish fillets in a shallow oven proof casserole dish or skillet, just large enough to hold the fish in a single layer. Cover the fish with a layer of olive oil (just covering fillets), season with salt, twig of rosemary and add one crushed garlic clove. Place fish into preheated oven until cooked through (about 30 minutes for a 1 inch/2 cm thick fish fillet). You do not want the olive oil to boil; you want it to slow cook the fish. While fish is cooking, place the greens in a colander and slowly pour over boiling water to wilt, then immediately run under the cold water. Squeeze out the excess water using your hands and set greens aside. Add the chili

into the pan with the chorizo and fry for 1 minute more. Add in tomatoes, beans, spinach, lemon juice and extra virgin olive oil. Let it warm through gently. Season to taste. Place the sausage and bean mixture on a plate. Take the fish out of the olive oil, pausing over the pan to let any excess oil drip off, and lay on top of the beans. Top with garlic mayo.

GARLIC MAYO

Add 2 egg yolks to a medium bowl with the lemon zest, 2 tsp lemon juice, 2 tsp Dijon mustard, 1 small crushed garlic clove, salt & pepper. Whisk by hand, beat with electric hand beaters or use a blender until combined. Beating continually, very slowly trickle in 200ml mild olive oil to make a thick, silky mayonnaise. If added too quickly, the sauce will split. Taste and season, adding a little more lemon juice if needed. If it feels too thick, thin with a drop of water. Cover and chill. Will keep refrigerated for up to 3 days.