

Veasey & Sons Fishmongers

Cornish Hake en Papillote with Butter Beans and Sea Spinach

Serves 4

About the Dish

En Papillote is a French method of cooking. It involves making a parcel around all the ingredients and baking them, although the food actually steam's. It is served in the parcel and opened at the table, filling the room with the aroma of the dish.

Hake comes from the same family of fish as cod or haddock. It is a medium/large fish averaging 1 to 8 lb in weight, but has been known to grow up to 60 lbs. Hake can grow up to 1 metre in length live for around 14 years. They live in waters ranging in depth from 200 to 350m. Hake species stay in deep sea water during the day and come to the middle depths during the night. They are predatory fish that feed on species found near or on the bottom of the sea.

Ingredients

- 4 x Portions of Hake
- 2 x good handfuls of washed sea spinach
- 1 jar cooked butter-beans
- 1 jar cooked peeled artichokes
- Chopped Thyme
- 1 x Zest & Juice of 1 Lemon
- Good Quality White Wine (Why not use our recommended wine)
- 4 Knobs of butter

Method

- Preheat the oven to 220c/425f/gas7
- Make 4 dinner plate size circles of greaseproof paper and foil, lay the foil shiny side up and the paper on top of that.
- Put a small pile of butter beans, artichokes, thyme, lemon zest and sea spinach in the middle of the paper.
- Season the fish and place on top with a knob of butter on top.
- Pour a little wine and the lemon juice in to help create steam.
- Pull the edges of the paper together and fold them in on themselves and then do the same with the foil,
- Bake for 20-25 minutes
- Remove from the oven, leave to rest for 5 minutes then serve in paper on the plate. This is a whole meal in one, serve with salad.

Wine Recommendation

2010 Muscadet Sur Lie, Clos des Rosiers, France. This little estate makes one of the finest versions of this famous dry white wine.

Did you enjoy this recipe? If so please send us a tweet. Find us on twitter @FishmongersFR