

SeaFood Charlie Recipe

Pan-Seared Hake Recipe

This delicious pan-seared hake is made with fish seared in butter and oil, and then served with a lemon and caper pan sauce.

Prep Time 2 mins

Cook Time 10 mins

Total Time 12 mins

Course: Main Course

Cuisine: French

Servings: 2 people

Calories: 272kcal

Author: Sarah Trenalone

Ingredients

- 8 ounce hake (2 fillets)
- 1 tablespoon flour Use gluten-free AP flour if needed
- pinch salt, pepper
- 1 tablespoon olive oil
- 2 tablespoons butter, divided
- 1 lemon, juiced
- 1 tablespoon capers
- small handful fresh herbs (such as fresh rosemary, chives, or oregano)

Instructions

1. Pat hake fillets dry. Dust with flour, and shake off any excess. Sprinkle them on both sides with salt and pepper. Prepare a heavy pan with the olive oil and 1 TB butter. Heat on medium-high until butter is melted but not browned, then turn the heat down to medium.

2. Place the fillets in the pan and cook about 3 minutes. Don't touch the fillets until they're ready to flip. Use a thin metal spatula to test the fish. If you can slide the spatula under the fish without the fish sticking to the pan, it's ready to flip. If the fillets won't release, give them another 30 seconds. They'll release when they've finished cooking. After flipping, divide the remaining 1 TB butter over both fillets.

3. Cook fish another 2-3 minutes until done. Fish will be golden on both the top and bottom and opaque all the way through when finished cooking. Transfer the fish to plates, leaving the excess butter in the pan. Cover fish to keep warm, or set fish in a 200°F oven. Add the lemon juice and capers to the pan, and stir with a wooden spoon. Add half the herbs and stir again. Serve fish hot with pan sauce and remaining herbs.

Pan-fried Hake with Lemon and Herb Butter Sauce