

Roasted Hake, Marinated Rocket & Fennel Salad, with Mussel & Saffron Dressing

Serves 4

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| 800g Hake cut into 200g cutlets on the bone | |
| 1 cup polenta flour | 50ml white wine vinegar |
| 150g rocket | 400ml Morgenster extra virgin olive oil |
| 1 bulb fennel | 125ml white wine |
| 1 kg fresh mussels | 2tsp sugar |
| 1g saffron | Juice of 2 lemons |
| 1small onion, finely chopped | Salt & pepper |

Put the mussels into a hot saucepan, add the white wine and cover with a lid. Allow steaming for approximately 5 minutes or until all the mussels have opened. Discard any mussels that have not opened, pick the rest of the mussels from their shells and keep to one side. Remember to keep the juice left in the bottom of the pan, as this is an integral part of the dressing. Thinly slice the fennel bulb on a slicer or mandolin. Marinate the fennel in the lemon juice, sugar, 100ml olive oil & a little salt & pepper. Soak the finely chopped onion in the white wine vinegar & mussel juices along with the saffron for about 20 min. Then add the rest of the olive oil and season to taste.

Put the shelled mussels into the dressing and keep to one side.

Brush the hake with a little olive oil, season with salt & pepper and dip one side of each cutlet into the polenta flour. Heat a little oil in an oven proof pan and place the hake polenta side down in the pan.

Place the pan in a hot oven (200°C) for 15 minutes.

While the fish is roasting mix the rocket with the marinated fennel and place in a pile in the middle of your plates. Remove hake from the oven and serve it polenta side up on top of the salad.

Spoon the dressing round the outside of the plate and serve.



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PGW eat



‘may the
sauce be
with you’

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Get SASSI with Chef Pete Goffe-Wood...

and try one of these 'green' recipes using
seafood from the SASSI 'green' list!



What is SASSI?

The Southern African Sustainable Seafood Initiative (SASSI) aims to help consumers, retailers, restaurants and others involved in the seafood business become better informed and make more ocean-friendly choices when buying and eating seafood. A consumer's species list has been compiled to help you make choices that are better for the environment when deciding what fish to put on your menu at home.

Green species are the best choices as they can handle current fishing pressure better. **Orange** species should be considered with caution as they are either over-exploited, or from problematic fisheries. **Red** species are illegal to sell in South Africa, and some of them are specially protected.

SASSI “FishMS”

The list is also available as a text message service called "FishMS". Send the name of the fish to **079 499 8795** to check whether to tuck in, think twice or avoid completely!

Your choices today will affect what is available to you in the future!

Look out for the SASSI logo or visit our website for more information about the SASSI Restaurant Participation Scheme, how to apply or to find a list of SASSI participants www.wwf.org.za/sassi

Some Green Recipes