



UCCOOK

Crispy Hake Burger

with crispy onion rings & a fresh side salad

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Tiisetso Maema

Wine Pairing: Delheim Wines | Delheim Gewürztraminer

Nutritional Info	Per 100g	Per Portion
Energy	601kj	4133kj
Energy	144kcal	991kcal
Protein	6.4g	44.1g
Carbs	16g	110g
of which sugars	3g	20.4g
Fibre	1.3g	9.2g
Fat	5.7g	39.1g
of which saturated	1.1g	7.6g
Sodium	213mg	1467mg

Allergens: Sulphites, Fish, Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50ml	125ml	Mayo
10g	20g	Capers <i>drain & roughly chop</i>
15ml	30ml	Lemon Juice
3g	5g	Fresh Dill <i>rinse, pick & roughly chop</i>
1	2	Burger Bun/s
100ml	200ml	Cake Flour
7.5ml	15ml	Seasoning Mix <i>(2.5ml [5ml] Ground Paprika, 5ml [10ml] Fisherman's Spice)</i>
1 unit	1 unit	Soda Water
1	2	Line-caught Hake Fillet/s
1	1	Onion <i>peel & cut ½ [1] into rounds & separate into rings</i>
20g	40g	Green Leaves <i>rinse & roughly shred</i>
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
30g	60g	Danish-style Feta <i>drain & crumble</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Paper Towel
Water
Butter (optional)

1. MMMAYO In a bowl, combine the mayo, capers, ½ the lemon juice and ½ the dill. Mix until everything is well combined, season and set aside in the fridge.

2. TOASTED BUN Halve the burger bun/s, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the bun/s, cut-side down, until golden, 1-2 minutes.

3. BEST BATTER In a bowl, combine the flour, seasoning mix and additional seasoning (to taste). Separate ¾ of the seasoned flour into a separate bowl, then add in 80ml [160ml] of sparkling water (while mixing with a fork to create a smooth batter). If the batter is too thick, add in more sparkling water in 5ml increments; until the batter is just thick enough to coat the back of a spoon.

4. CRISPY HAKE Return the pan to medium heat with enough oil to cover the bottom of the pan. Pat the hake dry with paper towel. Coat the hake in the dry seasoned flour and dust of any excess flour. Coat in the seasoned batter mix, ensuring that the hake is fully coated; gently shake off any excess batter. Gently drop the hake into the hot oil, allowing it to cook until golden and crispy, 2-3 minutes on each side. Remove the hake from the oil once fully cooked, and place on a plate lined with paper towel to drain any extra oil.

5. O-YUM ONION RINGS With the pan still on the heat and using the remaining dry seasoned flour and seasoned batter; coat the onion rings in the dry seasoned flour. Then coat in the seasoned batter mix, before gently dropping them into the hot oil. Fry until the onion rings are golden and crispy, 2-3 minutes on each side. Remove from the oil and place on a plate lined with paper towel to drain the excess oil.

6. BUILD THE BURGER Assemble the sandwich by spreading a dollop of the dill-caper mayo on the bottom bun, top with ½ the shredded green leaves. Place the crispy fish on top with another dollop of the dill-caper mayo, then close with the top bun.

7. FAB FISH DINNER Plate up the fish sandwich with the crispy onion rings. Plate the remaining shredded green leaves, topped with the tomato and crumbled feta alongside. Add a sprinkle of the remaining lemon juice on the salad and season. Garnish with the remaining dill. Dinner is ready, Chef!