



UCOOK

Chef Sipho's Hake Chowder

with toasted baguette & fresh parsley

Chef Sipho has created a dish of absolute mouth-watering sumptuousness with this; a delectable, hearty hake chowder with carrots, leeks and baby potatoes, to warm your soul and fill your tummy. Served with crispy golden toasted slices of baguette and leaves of fresh parsley.

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Chef Siphokazi Mdlankomo

 Easy Peasy

 Cavalli Estate | Cremello

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Ingredients & Prep

37,5ml	Seasoned Flour <i>(7,5ml NOMU Seafood Rub & 30ml Cake Flour)</i>
1	Line-caught Hake Fillet
100g	Leeks <i>trimmed at the base & halved lengthways</i>
5ml	Vegetable Stock
1	Garlic Clove <i>peeled & grated</i>
250g	Baby Potatoes <i>rinsed & quartered</i>
120g	Carrot <i>peeled, trimmed & cut into bite-sized chunks</i>
125ml	Fresh Milk
50g	Corn
1	Baguette <i>sliced at an angle into 2-3cm rounds</i>
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. LET'S GET PREPPING! Preheat the oven to 200°C. Boil the kettle. Place the seasoned flour in a shallow dish with some seasoning to taste and mix to combine. Pat the hake fillet dry with a paper towel and gently press the fillet into the flour. Turn over to coat both sides and dust off any excess flour. Rinse the halved leeks and finely slice into half moons. Dilute the veg stock with 250ml of water.

2. START THE CHOWDER Place a pot with a lid over a medium heat with some oil and a knob of butter. When hot, fry the floured hake skin-side down for 3-4 minutes until crispy and golden. Flip and fry the other side for another 3-4 minutes until cooked through. Remove from the pot on completion and chop into 4 pieces. Return the pot to a medium heat with another knob of butter. Once foaming, add the grated garlic and sliced leeks. Fry until the garlic is fragrant, about 1-2 minutes, shifting constantly. Add in the halved baby potatoes, carrot chunks and the diluted veg stock. Mix until fully combined, reduce the heat to low, cover with a lid and leave to simmer for 15-20 minutes until the vegetables are soft and the stock has slightly reduced, stirring occasionally.

3. FINISH THE CHOWDER Once the vegetables are soft, add in the milk, the corn and the coated hake pieces. Mix until fully combined without the lid and leave to gently simmer for a further 5-7 minutes, or until all the flavours have combined and it has reduced slightly. Season to taste.

4. TOASTY BAGUETTE Place the baguette slices on a roasting tray and butter the exposed side. Place in the hot oven and bake for 3-4 minutes until starting to brown and warmed through.

5. HEARTY & WARMING Bowl up the hearty hake chowder. Sprinkle over the chopped parsley and serve with warm, toasted baguette slices. Dig in, chef!



Chef's Tip

For this recipe, you can peel your carrots when prepping them if you don't like the skin — and you have the extra time and energy!

Nutritional Information

Per 100g

Energy	439kj
Energy	105Kcal
Protein	5.1g
Carbs	18g
of which sugars	3.2g
Fibre	1.5g
Fat	1g
of which saturated	0.3g
Sodium	202mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Fish

Cook
within 1
Day