IRISH MUSSELS & HAKE
~ WILD ATLANTIC WAY STYLE ~
This is a very easy dish that makes the most out of the delicious stock that’s produced when mussels are poached. (Serves 2)

**INGREDIENTS:**
2 x 180g Hake supreme’s fully trimmed and de-scaled  
120g Killary Fjord rope mussels, washed and de-bearded  
80ml Irish Cream  
60ml dry Irish artisan cider  
80g Green part of organic leek sliced fine  
25g Marsh Samphire  
30g Real Irish butter  
25g plain flour  
Salt and freshly ground black pepper to season.  
A few wild thyme flowers to garnish (optional)

**METHOD:**
1. Season the hake with a little salt and pepper then dredge in the flour ensuring to shake off any excess.  
2. Heat a non-stick pan that’s big enough to fit both the hake and the mussels and then add 5 grams of butter to the pan being mindful not to allow the butter burn. Add the hake to the pan skin side down and cook gently for about 30 seconds then turn the fish over.  
3. Add the mussels to the pan along with the cider and cream and cover with a lid, allow poach over a low heat for 5 minutes.  
4. Turn off the heat and let the fish stand in the broth for a further seven minutes with the lid on, the residual heat should be enough to cook the fish through. The fish is cooked when it begins to flake apart. If it needs a little extra cooking simply turn the heat back on for a few more minutes.  
5. When the hake is cooked remove it from the pan and hold it hot, leave the mussels and broth. Turn the heat to the highest setting and add the leeks then reduce the broth until it begins to thicken a little. Finally add the remaining butter allowing it to emulsify into the sauce and finish with the samphire. There should be no need to season the sauce as the mussels are naturally salty.  
6. Serve by placing the hake onto a warm plate and simply pour the mussels and sauce over, garnish with a few wild thyme flowers and serve.