



Julia's Cuisine

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Main Course/Fish and Seafood

Webpage
<http://www.juliascuisine.com/>

Simmered Hake and Baby Onions in a White Wine Sauce

Ingredients

- 2 large Hake fillets, halved cross ways
- 6-8 baby onions, peeled and quartered
- 4 garlic cloves, crushed.
- 100 ml cooking wine
- 60 ml cooking cream
- 40 ml fish stock
- fresh chopped parsley
- 2 bay leaves
- 2 tablespoons of olive oil
- Salt and pepper to taste.

Method

Heat a large skillet with olive oil and add onions and garlic. Brown for a few minutes and then lower the heat and add a splash of the wine and the bay leaves. Continue this process until all the wine has been used and the onions are soft. This process should take you around 20 minutes. With the skillet turned to low add the fish fillets to the pan and spoon mixture of onions and sauce over the fish. Now add the fish stock and cover. Leave to simmer for about 10 minutes. Check the fish and spoon the sauce over all the fillets and cover and leave to cook. This should take about 15 more minutes depending on the thickness of your fish. You will know the fish is cooked once it is white and starting to flake slightly. Once it is cooked, turn up the heat and add the cooking cream, salt pepper and parsley. Stir the sauce around the pan until it has mixed properly and slightly thickened. Take off heat and serve immediately. Pour sauce over fish and top with baby onions and fresh chopped parsley.