

Hake with Formby asparagus, Morecambe bay cockles, smoked mash and seaweed butter

Ingredients

- 2 large potatoes washed
- 4 spears of asparagus
- 30g seaweed butter
- 15g unsalted butter
- 60g cockles
- 200g portion of Hake
- 1/2 lemon
- 50ml double cream
- 3g chopped parsley

Recipe

Place the washed potato into the oven or microwave and cook until soft in the centre, allow to cool a little and then cut in half. Scrape out the potatoes into a drum or kitchen sieve. Using a large spoon push the potato through the sieve into a pan. Place the pan onto the stove add unsalted butter and mix well, add double cream and mix with salt and pepper to taste. Set this aside until plating.

Gently peel the asparagus leaving the tip so to leave 2 inches from the top, wash and the plunge into rolling boiling, seasoned water. Cook until al dente and then place into ice water until plating.

Warm your best none stick pan until you see the first signs of smoke rising, at this option pull back the pan and add oil. Pat the fish dry with a clean towel and place skin side down into the hot oil, return the pan to the heat and turn the heat down so the fish is gently frying. The fish should be cooked 75-80% on the skin side so not to get colour on the opposite side to the skin. Once the fish has been cooked then finish with butter and juice of 1/4 lemon. Place the fish to one side until plating.

In the same pan add the seaweed butter on a high heat, here you want to caramelize the butter until it is golden and gives off that nutty aroma. Remove the pan from the heat and finish with cockles, lemon juice and chopped parsley.

Warm the all the ingredients and plate as you wish and enjoy.