



# *Pan fried Cornish hake with Rodda's clotted cream and cider sauce*

*Serves 4*

## *Ingredients*

4 darnes of hake 3cm thick  
(steak cut across the bone)  
400g of picked and washed spinach  
100g chives finely cut  
100g unsalted butter  
Flour for dusting  
Salt and pepper  
100ml vegetable oil  
50g peeled and sliced shallot  
200ml of dry cider  
100ml of apple juice  
200ml of fish or chicken stock  
*I find chicken stock works well with fish as it is light in flavour and doesn't overpower the fish*  
200g of Rodda's clotted cream

## *Method*

To make the sauce place the shallots, cider, apple juice and stock into a pan and reduce down by 2/3rds before adding the cream and bringing back to a boil.

Remove from the heat when it coats the back of a spoon.

Season with a little salt as required.

Lightly flour and season the Hake and place into a medium hot non stick frying pan with the vegetable oil and cook for 3 minutes before turning with a wide spatula.

Cook for a further 3 minutes before adding 50g of butter and basting the fish for a further 30 seconds.

Remove from the pan and keep warm.

Wipe the pan clean and place back on the heat and add the remaining 50g of butter. When the butter is sizzling and melted add the spinach, season with salt and pepper and stir until wilted.

Remove from the pan and drain in a colander.

Place the spinach in the middle of each plate and top with the hake.

Re-heat the sauce and add the chopped chives before pouring over the hake and serving.

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## *Neil Haydock*

It's fair to say that Executive Chef Neil Haydock has always been obsessed with food. Growing up in rural Lancashire, his grandfather taught him a love of traditional countryside foods, from game to foraged wild ingredients, and his decision to become a chef was made very early. Throughout his career, Neil has retained this passion for local, seasonal foods; he has always sought small-scale local artisan producers to give his menus a real sense of place.

Neil's experience includes senior roles at a number of highly regarded restaurants, including the Sandy Lane Hotel in Barbados, Terence Conran's Bluebird in London and most recently, as Executive Chef at Fifteen Cornwall. Now controlling The Hotel's Brasserie, The Living Space and The Beach Hut, Neil is building on Watergate Bay's reputation as an outstanding food destination, creating diverse, contemporary menus that showcase the very best of Cornwall's produce while taking inspiration from around the world.