



South African wines are really making their mark in the UK and some would say giving the Antipodean wines a run for their money. As well as the gutsy Pinotage and Meerlust reds there are some mighty fine whites too. Famous for the Chenin Blanc and Chardonnay wines the South African wine list is the perfect complement for Cape Capensis Hake.

### Hake with Orange and Dill Sauce

Serves 4

4 x 6oz Cape Capensis Hake Fillets

1/2 pt fish or chicken stock

1 tbsp fresh dill

salt and pepper

2 oranges, peeled and cut into segments

1 tbsp cornflour

6 tbsp fresh orange juice

fresh dill

## Cape Haddie Cape Capensis Hake Fillets

### Premium IQF Fillets

Cape Capensis is a premium white fish species with a mild, delicate flavour.

These carefully selected Cape Haddie Cape Capensis fillets are processed and frozen at sea on Harvest Lindiwe, probably the most technically advanced vessel of her kind in the world.

Excellent rapid chill ensures superb quality and within an hour of the catch the fillets are gently frozen 'locking in' freshness, delicate flavour and firm texture.



Seafoods of Distinction



Poach the hake fillets in the fish stock with the dill and seasoning for 8 - 10 minutes.

Drain and transfer to a warmed serving dish, reserve the poaching liquid.

Mix the cornflour to a paste with the orange juice and add to the poaching liquid.

Bring to the boil and simmer for 4 - 5 minutes, stirring until thickened and hot.

Spoon some of the sauce over the fish and garnish with fresh dill.

### Individually Quick Frozen at Sea

- Deep skinned, deboned
- Firm white flesh
- Ideal portion control, good plate coverage
- Easy to prepare and cook
- No preservatives, no additives



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