

HAKE & LEEK CHOWDER

400g leeks
10g fresh thyme
2 corn on the cob
600g new potatoes
3 hake fillets
180ml milk
120ml water
2 bay leaves
6g fresh parsley
black peppercorns

METHOD

1. Slice and wash the leeks thoroughly, cut potato into bite size chunks. Combine the water and the milk to create the poaching liquor.
2. In a deep pan, heat the butter until melted. Add the leeks with the thyme and cover with a circle of greaseproof paper big enough to tuck down a little over the leeks. Cover with a lid so no steam escapes. Cook gently for about 10 minutes.
3. Run a sharp knife down the sides of the corn to remove the kernels and add them to the pot with the potatoes. This will add some body to the chowder. Replace the greaseproof paper and lid and continue to cook for a further 10 minutes.
4. Meanwhile, place the hake fillets in another shallow pan and pour in the milk; enough just to cover the fish. Add a bay leaf or two and a sprinkling of peppercorns. Bring to a gentle simmer and cook the fish for eight minutes or so, being careful not to over cook it.
5. Lift the lid of the pan containing the leeks and sweetcorn and remove the greaseproof paper. Ladle in the poaching liquid from the fish, removing bay leaves and peppercorns. Add large chunks of the cooked hake, removing any bones as you go. Bring to a simmer and finish with a good sprinkling of chopped parsley. Check for taste and flavour before taking the pan to the table to serve in bowls.

SERVES
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