



Hake Stew



 @Wildfoxpierogi

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chef

ingredients

how-to

Wildfox is a company created by Chef Ryan Dziki, along with his brother, and sister-in-law to boast their favorite family tradition, which was eating a whole lot of delicious pierogi. His sister-in-law is also half Portuguese and loves the cuisine from where her family is from in the Azores. So they've combined the two and created a Polish/Portuguese American contemporary concept.



Hake Stew

2 pounds Cleaned Hake Filet (skinned)	(peeled)	paste
1 or 2 Onions	3 Scallions, rinsed, ends trimmed	2 tsp Piri Piri sauce
1 or 2 Poblano pepper	6 oz. Crushed tomatoes	¼ cup Olive oil
4 cloves Garlic	1 Tbsp Tomato	Some side bread (preferably portuguese pops)

Equipment:

12 in, wide dutch oven or deep sauté pan
Knife
Cutting board

Wash and dry filet of hake and set aside. Leave skin on if you'd like. Cut in large pierces, about 2 in by 2 in. Clean peppers removing seeds and insides; dice peppers and onions into large pieces; mince garlic; and slice scallions. Start cooking the onions and poblano peppers in a large sauté pan at medium heat. Lightly salt and pepper and cook until softened. Add scallions, garlic, tomato paste and piri piri sauce and then stir. Bring to a simmer. Stir in a little bit of water and place your hake on top and nestle in the mixture. Season once more and cover with lid. Turn on medium low heat and cook until your fish is cooked all the way through. Each plate should have fish with an appropriate amount of sauce. Top with a little olive oil and lemon juice and enjoy!