



FORGED OF THE EARTH,
TEMPERED BY THE SEA

Crispy Fish Sandwich

Golden, crispy hake captures the spirit of the Cape West Coast, while a fresh apple and fennel slaw brings a bright coastal crunch. Paired with Fryer's Cove Sauvignon Blanc, every bite and sip is a journey into the wild Atlantic character that defines this remarkable place.

Prep time: 10 mins / Cook time: 20 mins / Serves 2-4

Ingredients:

- 4 hake fillets, about 400g in total
- 80g self-raising flour plus extra for dusting
 - Sea salt and black pepper
- 120ml beer or cider, well chilled
 - Sunflower oil, for frying
- 2 red apples, sliced into matchsticks
 - 1 fennel bulb, thinly shaved
- 1 Tbsp fennel tops, roughly chopped
- 1 Tbsp baby capers, roughly chopped
- 1 Tbsp good quality mayonnaise
 - 1 tsp Dijon mustard
- 1 large tomato, thinly sliced
- 4 brioche buns, halved
- Sea salt and pepper



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Method

Build the Coastal Crunch

Combine the mayonnaise and mustard in a bowl, then fold through the capers, crisp apple, shaved fennel and half the fennel fronds. Season to taste and refrigerate until ready. Lightly butter the cut sides of the brioche buns and toast in a hot pan until golden.

Prepare the Catch

Pat the hake fillets dry and season lightly. Place a few tablespoons of flour into a shallow dish and season generously with salt and pepper. In a separate bowl, whisk the beer into the remaining flour until you have a smooth batter with a few small lumps—just enough to create a light, crisp coating reminiscent of the Atlantic's sea spray.

Crisped by the Coast

Heat the sunflower oil in a deep saucepan. Dust each hake fillet in the seasoned flour before dipping it into the beer batter. Fry until deeply golden and irresistibly crisp, then drain on kitchen paper.

Bring the Journey Together

Layer the toasted brioche with the golden hake, a fresh slice of tomato and a generous spoonful of the apple and fennel slaw. Serve immediately with a chilled glass of Fryer's Cove Sauvignon Blanc—a pairing inspired by the fresh, untamed flavours of South Africa's Cape West Coast, where every bite invites another adventure.