

## Hake 'n "Rake"

New York commercial fishermen harvest more red hake and silver hake (whiting) than any other kind of fish. These two smaller cousins of the well-known cod are abundant from late fall through spring, and offer good value and great taste. You can prepare these lean white-meat fish using cooking methods appropriate for cod or flounder like baking, broiling, and frying.

Historically, the dockside value of hard clams landed in New York has exceeded that of any other fish or shellfish species landed in the state. The hard clam is one of several different species or types of clam found in New York's marine waters. While many consumers may not be familiar with the term "hard clam," they readily recognize the market names for the various sizes of hard clams: chowders (the largest size), cherries or cherrystones (medium size), and littlenecks or necks which are the smallest (and most valuable) clams which are traditionally consumed cooked or raw on the half shell.

—Ken Gall

*NYSG's Seafood Specialist*

# Winter Warmth

*Pan-seared hake over Manhattan chowder style vegetables and clams*

## Ingredients

4 tablespoons olive oil  
16 littleneck clams  
1/4 cup white wine  
1 medium potato peeled, washed, diced 1/4 inch blanched  
1 medium carrot, peeled, washed and diced 1/4 inch  
2 stalks celery, washed and diced 1/4 inch  
1 teaspoon thyme  
4 oz. canned stewed tomatoes  
8 oz. clam juice  
2 tablespoons parsley  
1 tablespoon butter  
4 hake fillets (6 oz. portions)  
salt and pepper to taste

*Adapted from recipes by Ralph Feraco, Nassau Country Club, Glen Cove, NY and the New York Seafood Council*

## Method

Heat medium-sized sauce pan. Add 2 tablespoons olive oil and clams. Sauté for 3 minutes. Add white wine and cover. Simmer until most clams open (3-5 minutes). Remove cover. Simmer 3-5 minutes more to reduce liquid by half. Add potatoes, carrots and celery. Sauté 3 more minutes. Add thyme, stewed tomatoes and clam juice and simmer until all clams open and vegetables are tender (about 3-5 minutes). Add butter, mix well, and sprinkle with parsley. While vegetables are cooling, heat 2 tablespoons olive oil in a nonstick pan. Season hake with salt and pepper to taste. Sauté 3-4 minutes on each side or until golden brown. Remove from pan and keep warm. Place equal amounts of vegetables and clams in each of 4 serving bowls. Place one hake portion on top and serve immediately.



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# Seafood Corner



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