



Hake Blaff

For 4-5 people

■ 2,2 of hake, 2 cloves of garlic, 2 onions, 2 lemons, 2 limes, 1 tablespoon of Cayenne pepper powder, 1 tablespoon of 4 spices, some parsley, 2 leafs of bay-tree, salt and black pepper.

■ Peel and crush the garlic, peel and cut in ring onions, press lemons, chop parsley, and cut fish of pieces. Put the whole in a salad bowl, mix, film and reserve for the refrigerator during 2 hours.

■ Put fish out of the marinade. Pour the marinade in a large pan, add 3 cups of salted water, the Cayenne pepper, the 4 spices and the bay-tree. Raise to boiling, and let cook during 10 minutes.

■ Add fish and continue cooking during 10 other minutes. Add salt and pepper

■ *Creole court-bouillon from Martinique with marinade of spice and lemon.*

