

## Light and Crispy Hake Fillets - A Quick Fried Fish Recipe

crispy fried hake recipe by Zee thecook



**OVEN**  
**350°F**

**TIME**  
**30 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 6 hake fillets, patted dry
- 2 eggs
- ... cup milk
- $\frac{1}{2}$  cup cake flour
- 1 tsp Seven Colours Grill Seasoning
- 1 tbsp black pepper
- Sunflower or canola oil, for deep frying

### DIRECTIONS

- 1.** Prep the Fish: Pat the hake fillets dry with paper towels to remove excess moisture. This step is key to crispiness.
- 2.** Make the Egg Mixture: In a shallow bowl, beat the eggs and stir in the milk. Set aside.
- 3.** Mix the Coating: In another shallow bowl, combine the cake flour, Seven Colours Grill Seasoning, and black pepper.
- 4.** Coat the Fish: Dip each hake fillet into the egg mixture, then dredge it in the seasoned flour. Coat both sides evenly and shake off excess.
- 5.** Heat the Oil: Pour oil into a deep frying pan or pot to about 2 inches deep. Heat on medium-high until hot - test with a small piece of batter; it should sizzle immediately.
- 6.** Fry the Fish: Carefully lower fillets into the hot oil. Don't overcrowd the pan. Fry 2-4 minutes per side until golden brown and crisp.
- 7.** Drain & Serve: Remove cooked fish and place on a paper towel-lined plate to absorb excess oil. Serve immediately while hot and crunchy.

### SWAPS & NOTES

**Fish options :** You can sub in tilapia, cod, or whiting if hake isn't available.

**Flour :** Cake flour gives a lighter texture, but all-purpose works too.

**Seasoning :** If you don't have Seven Colours Grill Seasoning, try a mix of paprika, garlic powder, and dried herbs.

**Oil :** Use a neutral high-heat oil like sunflower, canola, or vegetable oil for best results.

## TIPS FOR SUCCESS

Dry the fish well before coating to help the batter stick.

Don't skip the seasoning in the flour - it's where most of the flavor comes from.

Use a thermometer if you want precision: oil should be around 350°F (175°C).

Avoid flipping too soon - let the crust form before turning.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/light-and-crispy-hake-fillets-a-quick-fried-fish-recipe/>