

	<h2>Sous Vide Hake Fillets</h2> <p>Prep Time: 00:20 Recipe Time: 00:30 Temperature: 58C</p>
<p>Ingredients</p> <ul style="list-style-type: none"> • 2 (6-ounce) skin-on hake fillets • Kosher salt and freshly ground black pepper • Extra virgin olive oil 	<p>Directions</p> <ol style="list-style-type: none"> 1. Set the Cooker to 58°C. 2. Season the fish with salt and pepper and place it in a large zipper lock or vacuum seal bag. Seal the bag using the water immersion technique or a vacuum sealer on the moist setting. Place the bag in the water bath and set the timer for 30 minutes.
<p>Finishing Steps</p> <ol style="list-style-type: none"> 1. When the timer goes off, remove the bag from the water bath. Remove the fish from the bag and pat dry. Heat the broiler to high. 2. Drizzle the skin with olive oil and broil until the skin is crisp, about 1 minute. Serve. 	

