

Breco Seafood Braai Competition

Hake Yeah! (Hooked on Mzansi)

By Charlotte Mosená



[Watch the submitted recipe video](#)

Seafood: Water Hake

Serves: 3

Preparation time: 20

Cooking time: 15

The story

Inspired by the unmistakable flavours of a South African braai, this recipe reimagines the familiar boerewors roll with hake as the star. Instead of boerewors and pap, I wanted to bring seafood into the conversation while keeping the bold heritage flavours we know and love, especially chakalaka. Served in a toasted seeded sourdough roll with creamy sauce, gherkins, red onion and fresh coriander, this burger brings together South African culture, comfort and gourmet presentation in one delicious bite.

Ingredients

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For the hake

- * 3 hake fillets — approximately 150 g each
- * 1 tsp lemon pepper
- * 1 tsp fish spice
- * ½ tsp paprika
- * ½ tsp garlic seasoning
- * ½ tsp garlic & butter seasoning
- * 1 tbsp cooking oil

For the garlic-buttered sourdough

- * 3 seeded sourdough burger rolls
- * 2 tbsp butter, softened
- * 1 tsp garlic seasoning
- * ½ tsp garlic & butter seasoning

For the tartar sauce

- * 4 tbsp mayonnaise
- * 1 tbsp finely chopped gherkins
- * 1 tsp fresh lemon juice
- * ½ tsp finely chopped fresh coriander

For the burger filling

- * 3 tbsp chakalaka/braai relish
- * ¼ cup coriander salsa
- * ½ small red onion, thinly sliced
- * 6–9 gherkin slices
- * Fresh coriander leaves

Method

1. Prepare the braai

Light the charcoal and allow it to burn until the coals are hot and covered with a light grey ash. Arrange the coals to create a medium-low to medium heat zone. The braai grid should be clean and free of old food residue.

2. Prepare the hake

Pat the 3 hake fillets completely dry with paper towel. Season both sides evenly with lemon pepper, fish spice, paprika, garlic seasoning and garlic & butter seasoning.

3. Prepare the braai grid

Before placing the hake on the braai, clean the grid thoroughly and lightly brush or rub it with cooking oil. Lightly brush both sides of the hake with oil as well. This helps create a barrier between the delicate fish and the hot grid.

4. Prepare the tartar sauce

In a bowl, combine 4 tablespoons mayonnaise, 1 tablespoon finely chopped gherkins, ½ teaspoon mustard, 1 teaspoon fresh lemon juice and ½ teaspoon finely chopped coriander. Mix well and set aside.

5. Prepare the toppings

Thinly slice the red onion and gherkins. Prepare the coriander salsa and have the chakalaka/braai relish and fresh coriander ready.

6. Prepare the garlic butter

Mix 2 tablespoons softened butter with 1 teaspoon garlic seasoning and ½ teaspoon

garlic & butter seasoning until well combined.

7. Grill the hake on the braai

Place the oiled, seasoned hake directly onto the clean braai grid over medium-low to medium heat. Do not move the fish immediately after placing it down. Grill for approximately 4–5 minutes on the first side, allowing it to naturally release from the grid. Carefully turn it once using a wide spatula or fish turner and grill for another 4–5 minutes, depending on the thickness of the fillet. The hake should be lightly charred on the outside, opaque in the centre and flake easily with a fork.

8. Warm the chakalaka relish

Gently warm the chakalaka/braai relish in a suitable braai-safe pan until hot and spoonable.

9. Toast the garlic-buttered sourdough

After removing the grilled hake, spread the garlic butter generously over the cut sides of the seeded sourdough rolls. Place the rolls butter-side down directly onto the braai stand and toast briefly until golden, lightly crisp and fragrant. Watch carefully so they do not burn.

10. Assemble the burgers

Spread the tartar sauce over the toasted bottom bun. Place the grilled hake on top, followed by the warm chakalaka relish, coriander salsa, sliced red onion and gherkins.

11. Finish the burger

Add fresh coriander and a small squeeze of lemon juice. Place the toasted garlic-buttered top bun over the filling.

12. Serve

Serve immediately while the grilled hake is hot and the sourdough is freshly toasted and crisp.