



SERVES (YIELD): 4  
 DIFFICULTY RATING: ●  
 PREPARATION TIME: 15 MINUTES  
 COOKING TIME: 5 MINUTES

### SPECIAL EQUIPMENT

Japanese Mandolin

### PLANNING AHEAD:

The mackerel can be marinated in the glaze 2 hours in advance, then cooked last minute..

### INGREDIENTS

#### For the mackerel

4 Mackerel fillets, pin bones removed, skin scored (\*1)

#### For the pickle

2g Pink peppercorns, crushed  
 1g Coriander seeds, toasted and crushed  
 1.5g Salt  
 250ml White wine vinegar  
 250ml Water  
 40g Caster sugar  
 35g Shallot or Red onion, sliced thinly  
 25g Lemon slices  
 10g Coriander stalks

#### For the fennel salad

150g Fennel, trimmed, cored, and thinly sliced on a Japanese mandolin\*2 (Reserve in iced water for 20 minutes\*3)  
 6ml/1 tsp Lime juice, freshly squeezed  
 20ml/4 tsp Olive oil, Extra Virgin  
 5g/1 tsp Salt  
 15g Rocket, wild  
 6g/6 pinches Ground white pepper  
 6g/1 tsp Fennel seeds, soaked in warm water for 2 hrs & toasted in a dry pan.

#### For soy lime dressing

15g Water  
 15g/2 tbsp Soy sauce, (Kikkoman)  
 10g/1 tsp dark Muscovado sugar  
 5g/1 tsp Fresh ginger, finely chopped  
 3g/ ½ tsp Lime juice

## Fillet of Mackerel with shaved fennel salad and soy lime dressing

A simple, light, fresh and delicious recipe with flavours from elsewhere!

### METHOD

#### For the mackerel

**1** For the mackerel, heat the white wine vinegar, water, coriander root, caster sugar, red onion and peppercorns in a non-reactive saucepan over a medium heat. Heat the mixture until it is just about to simmer. Squeeze in the lemon juice, then transfer the pan contents to a flat, shallow container and set aside to cool.

**2** When the mixture has cooled, place four of the mackerel fillets into the container, flesh-side down. Set aside to marinate for 20 minutes.

**3** Preheat the grill to its highest setting.

**4** When the 4 mackerel fillets have marinated, remove them from the marinade and pat dry with kitchen paper

**5** Brush a baking tray all over with clarified butter. Arrange the mackerel fillets onto the greased tray, skin-sides facing upwards. Place under the grill and cook for 4-5 minutes, or until the skin is crisp and the flesh is cooked through.

#### For the fennel salad and soy lime dressing

**1** whisk the soy sauce, water and half of the lime juice together in a bowl until well combined. Add the ginger and muscovado sugar and whisk again.

**1** Heat a dry frying pan over a medium heat until hot, then add the soaked fennel seeds and dry fry for 2-3 minutes, or until lightly toasted. Set aside to cool.

**2** Mix together the drained fennel slices, olive oil and the remaining lime juice in a large bowl until combined. Add the mizzuna leaves and half of the cooled, toasted fennel seeds and mix again to combine.

#### To serve

**3** To serve, divide the fennel salad equally among 4 serving plates. Place one grilled fillet of fresh mackerel and one grilled fillet of marinated mackerel on top of each portion. Spoon the salad dressing around the edge of the plate. Scatter over the remaining toasted fennel seeds.

### CHEF'S NOTES: (\*)

\*1 Scoring the skin prevents the mackerel fillet from curling up during cooking and allows the flavours of the marinade to penetrate into the flesh.

\*2 Slice the fennel finely, just before use

\*3 The iced water will crisp up the fennel giving it a great texture and remove some of the sugars which can be too pronounced.