

Veasey & Sons Fishmongers

Grilled Mackerel with Preserved lemons and Black Garlic

Serves 4

About the Ingredients

This is a light and summery recipe, perfect for a quick lunch or dinner on a sunny summer's day.

At this time of year **Mackerel** is in abundance all along the south coast. It is full of goodness and tastes amazing. As an oily fish, it is a rich source of omega-3 fatty acids.

Preserved lemons from originate from North Africa. For this recipe the rind is all that is being used which is regarded as the best bit; however the pulp can used to flavour a cheap oil to make a really tasty lemon oil that can be used at a later time. Black Garlic is produced by heating the garlic for several weeks and it has a sweet and almost balsamic flavour

Ingredients.

- 4 Mackerel - either whole or fillets
- 1 Red Pepper, skinned, seeded and diced
- 3 cloves black garlic - crushed
- 1 preserved lemon rind, diced
- Small amount thyme
- 1 tsp capers
- Olive oil to bind.
- Seasoning
- Rocket and crusty bread to serve

Method

- Remove the fish from the fridge, season and place on a tin foiled covered tray. Pre-heat a grill to hot.
- To skin the pepper place it under the grill and blacken, remove then place in a bowl and wrap with cling film, leave for about 10 minutes and the skin will come off easily
- Mix the diced pepper, garlic, lemon, capers, black pepper (to season) and chopped thyme in a large bowl and add about 100ml of oil to make a salsa like consistency.
- Spoon $\frac{2}{3}$ over the fish and grill for about 6 minutes until cooked all the way through
- Serve with washed rocket leaves, crusty bread and the reserved dressing

Wine Recommendation

2011 Pinot Noir, Vin de Pays d'Oc, Chevalier Georges

A really excellent Pinot from the south of France. Deep red fruits (raspberry, loganberry) and a longer finish than expected at this price it is smooth and very easy to drink.

This wine would also be ideal served lightly chilled (4-5c which is about the temperature of water coming out the cold tap!!)

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