

» RECIPE

MACKEREL

Wrapped In Short Pastry And Served With Red Onion And Tomato Marmalade With Cayenne



Chris Sandford suggests a mouthwatering and different way of preparing mackerel.



Method

- » Turn on your oven and set it at 170°C.
- » Gut and fillet the fish, remove the bones and leave to chill in the fridge.
- » Meanwhile make the pastry. Sieve the flour into a mixing bowl with the salt and pepper. Rub the butter into the flour until you have a breadcrumb consistency, then add a few drops of water at a time to make a dough that just comes away from the sides.
- » Leave to rest for around 10 to 15 minutes, then roll it out between two sheets of cling film. This saves making a mess and also makes the pastry more manageable. Or just do a Delia and cheat by buying some from your local supermarket!
- » Cut the pastry to size – it needs to be big enough to wrap around the fillets comfortably.
- » Now take the fillets from the fridge and place them on the pastry. Add the shredded spinach with a few small knobs of butter and wrap into a cylindrical shape.
- » Coat with your beaten egg, place on a baking tray and bake in the oven for 25 to 30 minutes.

- » Meanwhile, finely chop your red onion and tomatoes and fry them until they soften in a little of the butter with the cayenne.
- » Add one tablespoon of sugar with the juice of the lime and a little red wine if you have some at hand, if not vegetable stock will do.
- » Reduce carefully as this sauce will take on a syrupy consistency, so be careful not to overcook it or it will go bitter.
- » Remove the fish from the oven, leave for two minutes to rest then slice on to warmed plates and serve with the sauce.

FACT FILE



If you would like any further information you can contact Chris on info@thefchefcentreofireland.com.
Happy cooking and tight lines to you all.