



Grilled Fillet of Mackerel

This month we are delighted to have a recipe from Jonathan Greer, Chef at The Orangery Restaurant, The Old Manse of Blair. Its full title is Grilled Fillets of Mackerel, Smoked Bacon, Watercress & Crisp Fennel Salad, Heritage Beetroot & Herb Crème Fraiche. Masterchef!

Ingredients

- 4 x 140g mackerel fillets
- 40ml rapeseed oil
- 140g watercress
- 60g sliced red onion
- 80g smoked pancetta
- 140ml crème fraiche
- 10g fresh coriander, parsley & fennel chopped
- 1 Lemon & lime zest & juice
- 100g heritage beetroot washed and peeled
- Maldon salt flakes and black pepper

Method

1. Have grill turned on to high temperature before you start your prep
2. Score mackerel fillets skin side and drizzle with about 10ml of the rapeseed oil
3. Place mackerel on tray and place under grill for approx 6 - 9 minutes
4. While mackerel is cooking, heat 10ml of rapeseed oil and add pancetta lardons (strips). Fry till golden and drain onto paper towel to drain of excess fat
5. Slice fennel bulb long ways on mandolin and place in ice water also slice raw beetroot on mandolin thinly (carpaccio) marinade with remaining oil and season
6. Mix chopped herbs with crème fraiche and lemon & lime juice & zest season and set aside
7. Lift mackerel from under grill and place on paper towel to drain excess fat

To serve

Mix watercress, crisp fennel, red onion & lardons together and arrange in the middle of the plate, arrange carpaccio of heritage beetroot around and drizzle oil over salad. Place grilled mackerel fillets on to salad and finish with a nice quenelle of herb creme fraiche on top to finish.

Chefs tips

Serve sautéed potato gnocchi with this, or sautéed jersey royals.