

PAN-FRIED MACKEREL WITH SUMMER BEAN SALAD



INGREDIENTS

SALAD

- 250g runner beans
- 4 breakfast radishes
- 50g fresh peas (shelled)
- 50g fresh broad beans (shelled and peeled)
- 50g pickled shallots
- 10g broad leaf parsley (picked and washed)
- 10ml Grossane extra virgin olive oil
- Squeeze fresh lemon juice
- Freshly ground salt and pepper

SHALLOTS

- 150g banana shallots (peeled and sliced into rings)
- 20g caster sugar
- 100ml Colles plum vinegar
- 1 Thiercelin star anise

RED PEPPER DRESSING

- 125g roasted red peppers
- 2 cloves roasted garlic
- 75ml strong shellfish stock
- 50ml Colles apple vinegar
- 1 ¼ tsp soya lecithin

MACKEREL

- 4 fresh mackerel fillets trimmed and pin boned



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COOKING METHOD

- 01 For the pepper dressing, blitz the red peppers, garlic, stock, seasoning and vinegar in a food processor or with a stick blender then pass through a fine sieve twice.
- 02 Add the lecithin and stir until completely dissolved and leave to stand.
- 03 For the pickled shallots, heat together the sugar, vinegar and star anise until the sugar is dissolved.
- 04 Add the shallots to the sugar mixture and warm gently for 30 seconds. Remove from the heat, transfer to an airtight jar and leave to cool. Tip: these can be stored for weeks in a fridge and will improve with age.
- 05 For the salad, wash, trim and cut the runner beans into 6cm long matchsticks. Blanch very quickly in boiling salt water then refresh in ice water to retain their colour and crunch.
- 06 Blanch the broad beans and peas in the same way.
- 07 Remove stalks from the radishes and wash and slice very thinly lengthwise.
- 08 Mix the peas, beans, shallots, parsley and radishes together in a large bowl, season and dress with the lemon juice and olive oil.
- 09 Brush the skin side of the mackerel fillets with a little olive oil and fry in a hot, dry non-stick pan until crispy and golden. Turn and continue frying until just cooked and moist.
- 10 Pile the bean salad on to four plates and top each salad with a mackerel fillet.
- 11 With a stick blender or an electric whisk, beat the pepper dressing until foam appears on top. Spoon off the foam and dress the fish and plate with it. Repeat as necessary.

