

## Marinated Mackerel with Spiced Aioli



**Serves:** 6

**Profitability:**

**Steps:**

Remove any visible bones and place the mackerel fillets skin down, side by side in a deep dish

Scatter with dill, bay leaves and horseradish. Cover and refrigerate

Combine 150ml water with sugar, white wine vinegar and spices in a saucepan and stir over a low heat to dissolve the sugar

Bring to the boil and immediately remove from the heat and allow to cool completely. Pour the cold marinade over the mackerel, cover the dish with cling film and marinate in the fridge for at least 3 hours but preferably overnight before serving

For the Aioli put the saffron, garlic, egg yolks and lemon juice into a food processor. Blend until thick and smooth. With the motor running, slowly trickle in the oil until mixed. Season well

Drain the mackerel fillets and place on plates with some of the marinated onion rings, garnish with sprigs of dill

Serve with the aioli, a green salad and slices of toasted focaccia

**Ingredients:**

6 mackerel fillets, with skin

1 small red onion, sliced into rings

Small bunch of fresh dill, roughly chopped plus extra sprigs to garnish

2 bay leaves

2cm piece horseradish, peel and thinly sliced

6oz/250g caster sugar

1/4 pint/250ml white wine vinegar

2 tsp ground pimento/allspice

2 tsp white mustard seeds

1 tsp whole caraway seeds

2 tsp whole black peppercorns

2 tsp whole white peppercorns

AIOLI

Pinch of Safron powder

2 tsp garlic granules

2 medium egg yolks

Juice of 1/2 lemon

1/8 pint/150ml olive oil