



CORNWALL
GOOD
SEAFOOD
GUIDE

Pan Fried Mackerel Fillets

on toasted sourdough
with pepperade



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Ken Symons Private Chef 2020

A fantastic light lunch or early supper dish, quick and easy to prepare and serve. Sustainable hand-line caught Cornish mackerel is something that everyone should try, it has to be fresh! This recipe sees crispy fried mackerel complimented by a rich and piquant pepperade, a traditional Basque sauce that accompanies seafood extremely well.



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on toasted sourdough with pepperade

Ingredients

Cooking time: approximately 15 minutes

Serves: one fish (two fillets) per person

2 mackerel fillets per person (ask your fishmonger to scale and fillet the fishes)

1 loaf sourdough bread

2 tbsp oil of choice

Salt and pepper

A few coriander leaves

For the pepperade:

1 tbsp oil of choice

2 red peppers

2 green peppers

1 red onion

½ red chilli (finely chopped)

2 cloves of garlic (finely sliced)

¼ cup vinegar of choice, (I use sherry vinegar)

2 tbsp soft brown sugar

1 tbsp capers

2 tbsp sliced green olives

Method

To make the pepperade: pre heat your oven to 200°C and roast the peppers with a little oil for 10 mins.

Allow to cool, peel, de-seed and slice up, saving the liquid.

Gently heat the oil in a heavy based saucepan, add the chilli and garlic, cook at a very low heat until very tender.

Add the sliced onion, add vinegar and sugar, cook on a medium heat for 10 mins.

Stir in the sliced roast peppers, olives, capers and saved liquid.

Eat warm. The pepperade will keep in the fridge for up to 2 weeks, warm gently when needed.

Heat a griddle pan, slice the sourdough thickly, and take one slice per person. Slice a clove of garlic in half and rub over the bread, lightly oil and place on the griddle until charred on both sides. Place on the plate.

Warm your pepperade mixture and spoon it on to the toasted sourdough.

To fry the mackerel: if you have caught the fish yourself or you have bought whole mackerel it is easy to fillet them, visit Cornwall Good Seafood Guide for an instructional video. Follow QR Code overleaf.

Add a little oil to a cold frying pan. Gently add the fish, skin side down, then turn on the heat, bringing it up rapidly so that the skin of the fish sizzles and crisps up. Cook like this for 1 minute, then carefully turn over and remove the heat. The heat of the pan will now cook the fillet through for you. Leave for one more minute and then serve.

Place the fried mackerel fillets on top of the sourdough and pepperade, season with salt and pepper, squeeze a little lime juice over and finish with picked coriander leaves.

Follow the QR code overleaf for an instructional video on how to fillet a whole mackerel.

Cornwall Good Seafood Guide is a website that aims to help us all make good seafood choices, by providing detailed sustainability information on all of Cornwall's seafood.

www.cornwallgoodseafoodguide.org.uk

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