

Marinated Mackerel with Spiced Alioli

Serves 6

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 Country Range bay leaves
2cm piece horseradish, peel and thinly sliced
6oz/250g caster sugar
1/4 pint/250ml white wine vinegar
2tsp Country Range ground pimento/allspice
2tsp Country Range white mustard seeds
1tsp Country Range whole caraway seeds
2tsp Country Range whole black peppercorns

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For the Alioli:

Pinch Country Range saffron powder
2tsp Country Range garlic granules
2 medium egg yolks
Juice of 1/2 lemon
1/8 pint/150ml olive oil

Method

1. Remove any visible bones and place the mackerel fillets skin down, side by side in a deep dish. Scatter with the dill, bay leaves and horseradish. Cover and refrigerate.
2. Combine 1/8 pint/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, 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 three hours but preferably overnight before serving.

3. For the alioli 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.
4. Drain the mackerel fillets and place on plates with some of the marinated onion rings, garnished with sprigs of dill. Serve with the alioli, a green salad and slices of toasted focaccia.

