

## **Pan Fried Mackerel with Warm Potato Salad on Bruschetta with Fennel Slaw**

So its summer, produce and brilliant ingredients galore and you're stuck with what to cook! You know you want something light and refreshing, but at the same time still enough to fill you up!

- **Mackerel (12-16 oz, 1 per person) filleted and pin boned**
- **4 – 5 Large Jersey Royal Potatoes per person**
- **100g Crème Fraische**
- **1 Bunch of Spring Onions roughly sliced**
- **Handful of Tarragon and Parsley roughly chopped**
- **25g of Butter (I used salted)**
- **100ml of Cider vinegar**
- **400ml of olive oil/ground nut oil**
- **1tbspn Dijon mustard**
- **2 egg yolks**
- **3 Large Fennel Heads**
- **1 loaf of fresh Ciabatta ( or thick crusty bread if you prefer)**
- **Salt and pepper and a little oil for cooking**

As before, try to get the best fish you can from a local fish monger, for this recipe though the fish needs to be filleted and pin boned, so politely ask your fish monger to do this for you.

To start, boil your jersey royals in water, salt and a little butter, the butter and salt will prevent any loss of flavor. Once cooked, set aside to cool down. Once at room temp, cut into 2cm cubes with or without the skin. Add to a bowl of your fresh herbs and spring onions with few spoonfuls of your crème fraiche then season with salt and pepper.

Now for the fennel slaw, very thinly slice your fennel discarding the hard heart at the bottom of the bulb. Drop into boiling water for just one minute then drain and rinse under cold water to prevent it from over cooking. In a separate bowl, put your cider vinegar, mustard and egg yolks with a little salt and pepper, lightly whisk to bring it together, then slowly start to add the oil. When adding the oil, do it slowly while constantly whisking otherwise the mixture will split or not thicken. Once all the oil is added you should be left with a thick, glossy pale mayonnaise. Add your fennel and stir through (this should keep for a week so if there's any leftover don't worry).

Now to cook your mackerel, bring a frying pan up to a medium temperature with a little oil in it, score through the skin of your mackerel without cutting too deep and then season with salt and pepper. Lay the fillets, skin side down, and lightly push down with your finger tips until they are flat. Leave for roughly 3-4 mins, then turn over and cook for a further 30 secs. Once cooked place your fillets to one side.

In the same pan place the butter in and the thickly sliced bread you are using, fry until golden.

To assemble your plate, place the bread on the plate first, a heaped spoonful of the potato salad and then your fish on the top, with a good helping of your slaw on the side. Dress with extra virgin olive oil and enjoy!

Mackerel is a very healthy fish, being an oily fish it is full of essential proteins, vitamins and minerals. Best served a little pink at the centre otherwise it can be very dry if overcooked. This dish will go well with most fish, salmon especially (another oily fish) and many of the components can be made well in advance and served cold if your prefer.

Happy cooking

Darren Broom

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