

The Samuel Fox Country Inn

Comfortable rooms, fine food, real ales and a warm welcome



Pan fried mackerel with tomato, garlic and chive dressing

Mackerel is a great fish, extremely tasty and packed with omega 3 oil so it makes for very healthy food. It around the UK in substantial quantities and available year round from your local wet fish shop. This dish is simple to make, brings out the very best of the flavours of this delicious fish and makes a great starter or, if you wish you may serve it with sauté potatoes and wilted spinach to make a very satisfying main course.

Ingredients – serves 4 as a starter

Mackerel fillets, 4 (approx 90gms each) – ask your fishmonger to fillet and v-bone
two medium sized mackerel

Garlic clove, 1

Ripe plump tomatoes, 2

Chopped fresh chives, 2 tablespoons

Juice of half a lemon

Extra virgin olive oil, 50ml

Sea salt

Milled black pepper

Chervil to garnish (optional), 4 sprigs



Method

1. Trim the mackerel fillets to remove any remaining fin bones and to leave clean edges, then score the skin
2. Blanche the tomatoes in boiling water for 10 seconds and refresh in iced water before removing the skins, cutting in quarters, removing pips and dicing remaining flesh into 0.5cm cubes
3. Crush the garlic clove with the flat of a knife blade
4. Place the diced tomato flesh into a bowl and add the crushed garlic, olive oil, lemon juice, chopped chives and salt and pepper to taste and mix. Leave to marinate for a few minutes while cooking the mackerel fillets
5. Brush the mackerel fillets with olive oil on both sides and season with sea salt and ground black pepper
6. Place a non stick frying pan on a medium/high heat and when the pan is hot place mackerel fillets into the pan, skin side down and leave for 3-4 minutes until the skins brown (edges begin to caramelize) then, using a palette knife turn the fillets onto the flesh side and cook for a further 20-30 seconds.
7. Place mackerel fillets onto individual plates, skin side up and, after removing the crushed garlic, spoon the tomato mixture onto the fillets and finish with sprigs of chervil