

Line caught Cornish mackerel three ways Tempura, tartar, burger

Burger mix

Mussel's 50g
Mackerel 50g
Squid 50g
Coriander ½ tsp
Ginger ½ tsp
Garlic 1 clove
Lime zest ½ tsp

Burger

Method in a hot pan add mussels, shallots, garlic and a glass of white wine, cover with a lid and cook until mussels have opened, then chill. Once chilled roughly chop the mussels and mix with all the other ingredients that have also been roughly chopped. Mix with 1 egg yolk to bind season with salt and pepper and shape into equal size burgers.

Tartar

Mackerel diced 200g
Shallots diced 20g
Cornichons diced 20g
Capers chopped 20g
Dill chopped
Chervil chopped
Parsley chopped
Tabasco to taste
Lemon juice

Method to be put together 5 mins before serving
Mix all ingredients together add lemon juice, tobasco, salt and pepper to taste, Shape into the same size as the burgers and set aside.

Tempura

Cut mackerel into 50g pieces dip into tempura flour and deep fry. Season with salt after.

Chilli Jam

Ingredients

3 x Spanish Onions (dice)
6 x Red Peppers (dice)

*4 x Garlic Cloves
3 x Red Chillies (rough chop)
1 punnets cherry toms
50g mould dark brown sugar
1 50ml Thai fish sauce*

Method

*Sauté the Red peppers & Spanish onions until dark
Add the garlic & chillies and sauté for 10 mins
Add the cherry toms and sauté for 5 mins
Add the sugar & fish sauce and cook out for 5-10 mins
Blitz to a puree and chill*

