

Mackerel Escabeche

BBC
RADIO



By Tom Kitchin

Ingredients

4 line-caught mackerel fillets (must be eaten extremely fresh)
50ml extra virgin olive oil
2 carrots, peeled and sliced
4 shallots, peeled and sliced
bouquet garni
3 star anise
1 teaspoon fennel seeds, crushed
1 teaspoon coriander seeds, crushed
200ml white wine
juice of 4 oranges
400ml fish stock
sea salt and freshly ground black pepper



Prep Time: 10 mins

Cooking Time: 25-30 mins

Serves: 4

Method

1. Check the mackerel fillets for pin-bones, removing any you find with kitchen tweezers.
2. Heat the extra virgin olive oil in a heavy-based wide pan, add the carrots and sweat over a medium heat for 4–5 minutes.
3. Add the shallots, bouquet garni, star anise, fennel and coriander seeds and sweat for a further 2–3 minutes.
4. Pour in the white wine, orange juice and fish stock and cook slowly, uncovered, for 10–12 minutes until the carrots are just tender; check with a small, sharp knife.
5. Now place the mackerel fillets, skin side up, on top of the vegetables, making sure the fillets are covered by the liquid. Cook for 2 minutes and then remove the pan from the heat.
6. Cover the pan tightly with cling film and set aside for 5 minutes; the mackerel will continue to cook in the residual heat.
7. Remove the cling film. Taste for seasoning, adding salt and pepper as needed, then serve the escabeche.

Recipe taken from Kitchen Suppers by Tom Kitchin
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