

#CatchOfTheDay

Sustainably Sourced Mackerel

South American Spiced Mackerel rillettes

John Whaite, winner of The Great British Bake Off, food columnist and TV chef, has worked with the National Federation of Fishermen's Organisations to create a series of recipe cards to encourage consumers to consider cooking with sustainable species of fish, proving they are just as versatile as the 'seafood staples', whilst supporting the work of UK fishermen.

Each of his recipes has been carefully created using species of fish and other seafood which are all available from UK waters.

In this recipe John uses Mackerel, a superb fish, great value, readily available and yet amazingly underrated

- One of the richest sources of marine Omega-3
- Mackerel are fished at sustainable levels - the number of mackerel in the sea has grown substantially over the last decade
- Fishing boats use highly selective gear to target only the species they want

For more information on #CatchOfTheDay and the work of the NFFO to champion the diversity and sustainability of the UK fleet visit www.nffo.org.uk/



Method

In a mixing bowl, beat the butter until very smooth, then flake in the mackerel and beat in with the zest, juice, spices, spring onion and coriander. Check the flavour and season accordingly – you don't want it too salty, but you need the salt to bring the flavours together. Serve.

Tweet your photos using the hashtag #CatchOfTheDay



SERVES 2

INGREDIENTS

- 250g unsalted butter, softened
- 250g smoked mackerel, skin removed
- Zest of 1 small lime
- 4tsp lime juice
- Pinch of hot chilli powder
- Pinch of ground coriander
- Pinch of ground cumin
- 1tbsp finely chopped spring onion
- 1tbsp finely chopped coriander
- Sea salt flakes and white pepper, to season