

Mackerel Recipe Card

Mackerel is a fantastic tasting fish that is readily available from fishmongers and supermarkets and is highly also affordable. On top of this it is one of the highest sources of Omega-3. Although most commonly eaten smoked in the UK, it can be served in a variety of ways such as grilled or baked.

FILLET MACKEREL

METHOD

Weigh all ingredients and keep separate

1. On a blue/fish board face the fish with the head away from you and with a fish filleting knife cut around the gills both sides and remove the head.
2. Now cut along the backbone of the fish keeping the knife as close to the bones as possible.
3. Remove the fillet from the carcass and repeat the same process on the other side.
4. Repeat on the 2nd fish
5. You should now have 4 nice filets of mackerel but they still need deboning.
6. Run the knife either side of the bones to get 2 more fillets from each side.
7. Repeat the process on all fillets
8. With the belly fillet of the fish, remove the skin by facing the knife in to the skin and gently removing the flesh
9. Dice this up quite small and set aside in a bowl

CURE FISH

10. Mix the sugar and salt together and roll the fillets of mackerel in the mixture and leave in a fridge covered with cling film for 30 minutes
11. After 30 minutes remove and gently wash off under cold water.
12. Dry with kitchen cloth and set to one side.

CUCUMBER KETCHUP

13. Chop the ingredients down and mix together in a saucepan
14. Cook on a medium to high heat for 45 minutes until all the liquid has gone and ingredients cooked.
15. Blitz until smooth in a food processor before storing in the fridge.

The Magnificent
SEVEN
OF SUSTAINABLE
SEAFOOD

MACKEREL

STEVEN EDWARDS



Steven Edwards is a celebrated chef, most famous for winning Masterchef: The Professionals in 2013.

INGREDIENTS

- 2 Whole mackerel (Gutted & Scaled)
- 1 banana shallot
- 20 Sprigs of Dill
- 1 Cucumber
- For the Ketchup*
- 2 Cucumbers
- 1 Green Pepper
- ½ Onion
- 375g Water
- 200g White Wine Vinegar
- 100g Caster Sugar
- 7g Table Salt
- For the Cure:*
- 20g Table Salt
- 20g Caster Sugar



Mackerel Recipe Card

FOR THE TARTARE

METHOD

- Again mix all ingredients together in a small bowl before adding the chopped mackerel belly

FOR THE CUCUMBER & SHALLOT

- Peel and de-seed the cucumber and cut into rectangles
- Discard the seeds and skin before dicing some of the rectangles.
- Heat a medium non stick pan and with a little oil and salt brown off the cucumber rectangles until dark brown
- With the shallot, cut in half and remove the skin
- Gently remove shells from the shallot
- You should get 2 nice shells from each half
- Put in the pan with the cucumber and black the edges.

TO PRESENT

Lay the roasted cucumber in the middle of the plate and lay the cured mackerel on the cucumber. Fill the shallot shell with the tartare before finally arranging some fresh cucumber dice around with cucumber ketchup and dill springs.

Sustainability Checklist

- ✓ "The stock size of mackerel is large enough and the fishing pressure low enough to ensure an optimum use in the long term" - The International Council for Exploration of the Seas
- ✓ The amount of Mackerel that can be safely taken from the sea each year is agreed through a dialogue and decision process involving fishermen and governments
- ✓ Mackerel stocks are at or approaching maximum sustainable yield, the gold standard in terms of sustainable fishing
- ✓ Mackerel stocks are now under long term management plans which set out safe conditions
- ✓ All vessels over 12 metres now carry satellite monitoring equipment to provide precise information on location 24 hours a day, ensuring fishing is taking place in approved areas

The Magnificent SEVEN OF SUSTAINABLE SEAFOOD

MACKEREL

STEVEN EDWARDS



Steven Edwards is a celebrated chef, most famous for winning Masterchef: The Professionals in 2013.

INGREDIENTS

For the Tartare:

- 10g Capers (lilliput)
- pinch Parsley (chopped)
- pinch Chives (chopped)
- 10g Shallots (chopped)
- 10g Ketchup
- splash Worcestershire Sauce
- 10g Mayo
- 5g W.G. Mustard

Serves: Serves 4 people

Time to prepare: 30 minutes

Total time to cook: 1hr

Dish Components

- Cured Mackerel
- Mackerel Tartare
- Blackened Shallot shell
- Roasted Cucumber
- Fresh Cucumber dice
- Cucumber Ketchup
- Dill