

Soy glazed mackerel with broccoli salad

Ingredients

For the potato and garlic purée

3 garlic cloves
100ml/3½fl oz white wine vinegar
500g/1lb 2oz potatoes, peeled and cut into chunks
175ml/6fl oz olive oil
50-100ml/2-3½fl oz double cream

For the mackerel

2 tbsp soy sauce
2 tbsp mirin
50-75g/1¾-2¾oz brown sugar (to taste)
1 lemon, juice only
2 mackerel, cleaned and head removed, cut into steaks across the belly oil, for frying

For the broccoli

purple sprouting broccoli, trimmed

For the dressing

2 green chillies, seeds removed and chopped
2 garlic cloves, chopped
1 banana shallot, chopped
1 tbsp sherry vinegar
1 tsp ground cumin
1 tbsp chopped fresh coriander
1 tbsp chopped fresh parsley
2-3 tbsp olive oil

Method

1. For the purée, place the garlic and white wine vinegar into a small saucepan and cook until the garlic is tender. Drain and set aside.
2. Place the potatoes into a large saucepan of water and bring to the boil. Cook for around 15 minutes, until done, and drain.
3. Put the potatoes and garlic through a ricer into another saucepan and add the olive oil and double cream and mix until you have a smooth wet consistency.

Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves

Serves 4

Bring some Asian flavour to your fish supper with soy sauce and mirin.

By Matt Tebbutt
From Saturday Kitchen

4. Mix the soy, mirin, brown sugar and lemon juice together and add the mackerel to the mixture. Heat a medium frying pan and add the oil, place the fish in the pan and cook each side for 1-2 minutes. Spoon over the remaining marinade while cooking.
5. Heat a large saucepan of boiling salted water and blanch the purple sprouting broccoli.
6. For the dressing, place all the ingredients into a bowl and mix or place into a food processor and blend. Just before serving add the dressing to the broccoli and mix.
7. Place a spoonful of the purée onto a serving plate or bowl. Place the mackerel on top and garnish with the broccoli.