

# Escabèche of Vegetables with Soused Mackerel and Citrus Dressing

Serves 4

Ingredients:

For marinating the Vegetable Escabèche:

1 Carrot medium, sliced on a mandolin 1mm  
1 Shallot, sliced on a mandolin 1mm  
1 Fennel, medium, sliced on a mandolin 1mm  
1 Courgette small, sliced on a mandolin 1mm  
2 Garlic cloves, pureed  
½ tbsp Caraway seeds  
½ tbsp Fennel seeds  
20 Coriander leaves  
40g Olive oil, extra virgin  
2 Oranges, freshly squeezed  
1 Lemon, freshly squeezed  
2g Salt  
2g Caster Sugar  
1g Cayenne pepper  
2 Lime leaves, chopped roughly

For marinating the Mackerel:

2 Mackerel fillets, bones removed, skin lightly scored  
100ml White wine vinegar  
100ml Water  
20g Caster sugar  
4 slices Lime, finely sliced

To finish the dish

1 handful Coriander leaves, roughly chopped  
20g Olive oil, extra virgin

### Making the Vegetable Escabèche:

1. Mix all the sliced vegetables, puréed garlic, toasted seeds, coriander and extra virgin olive oil (40g).
2. Mix the orange and lemon juices, salt, sugar and cayenne pepper and lime leaves. Bring to simmering point. Turn off the heat and pour hot over the sliced vegetables.
3. Mix and stir; cover with cling film, refrigerate and leave to marinate for 8 hours. Taste and adjust the seasoning if necessary.

### Marinating the Mackerel Fillets:

1. Mix all elements of the marinade, stir and pour over the mackerel fillets (the marinade must cover the fillets), cling film and marinate for 8 hours.

### Serving the dish:

1. Chop the fresh coriander, mix it into the vegetable escabèche. Lift the mackerel fillets on to a board and cut the fillets across.
2. Spoon the vegetable escabèche into 4 soup plates, top with half a fillet of soused mackerel and a slice of lime; pour the citrus marinade over.
3. Drizzle with extra virgin olive oil. (You could alternatively blend the marinating juices with the extra virgin olive oil to achieve an emulsified dressing).

*Escabèche of Vegetables with Soused Mackerel and Citrus Dressing*

## Chef's Notes:

It is important that the vegetables are sliced finely, as this will allow a better exchange of flavours. We score the skin of the mackerel to allow the marinade to absorb evenly. The orange and lemon juice is poured hot over the vegetables to promote a greater exchange of flavours and slightly soften the vegetables.

Marinating the fish in the vinegar base essentially 'cooks' the fish and creates a different texture and flavour.

## Variations:

Pink ginger and finely chopped lemon grass could be added to the escabèche of vegetables. The mackerel could be replaced by red mullet or whiting. You can also finish the fish under a hot grill for 2 minutes.

*Escabèche of Vegetables with Soused Mackerel and Citrus Dressing*