

Crispy Mackerel “BLT”

(Serves four)

Ingredients

2 Fillet on mackerel
4 Slices of fresh white bread (Hovis)
10g Colman's English mustard
1 Little gem lettuce
200g Cherry plum tomatoes
200ml Mellow Yellow rapeseed oil
300g Piece of smoked streaky bacon
1 Egg



Preparing the Mackerel

- Fillet the whole mackerel and trim up each fillet.
- With a sharp knife, slice down each side the central bone and remove with fish tweezers.
- Put the Colman's English mustard into a small piping bag and then pipe a thin line in the gap where bones were. Leave to one side.
- Take all crusts off the bread and roll out as thin as you can with a rolling pin.
- Place the mackerel fillet in the middle of the bread sheet and roll over one side and brush with a little egg wash.
- Seal the bread where the two sides meet and trim off any excess.
- Wrap tightly in cling film and return to the fridge to set.
- Using a frying pan, shallow fry in the rapeseed oil to get an even golden brown colour all over; this will take about 3-4 minutes. Remove the mackerel from the rapeseed oil and leave to drain on a j-cloth.
- Cut the mackerel three even sized shapes.

The Garnish

- Slice the smoked streaky bacon into 1 cm slices and then cut across the slices to form 1cm lardons.
- Cut the cherry plum tomatoes in half length ways.
- Trim the leaves from the little gem lettuce and wash in cold water.
- Drain the leaves in a colander and then cut each leaf into quarters.
- Cut each gem leaf again into 4-5cm lengths.
- Heat a non stick frying pan add a little of the remaining rapeseed oil.
- Add the smoked bacon lardons and fry gently until golden brown and then add the cherry tomato halves.
- Continue cooking on a gentle heat until the tomatoes start to soften slightly.
- Remove the smoked bacon and cherry tomato mix from the frying pan on to a j-clothed tray.

To Serve

- Place 3 pieces of crispy breaded mackerel diagonally down the middle of the serving plate.
- In opposite corners of the serving plate, make two small piles of the smoked bacon and cherry tomato mixture and top with the washed pieces of little gem lettuce.
- Spoon the juices from the smoked bacon and cherry tomato mixture on and around the mackerel and salad.