

First rate *fillets!*

Mackerel is at its most abundant during the summer months – Fabio Miani, head chef at Le Bouchon Hotel makes this simple starter or lunch dish. A wine with slight acidity such as a Picpoul de Pinet is an ideal match.

Mackerel ticks all the boxes when it comes to cheap, healthy, ethical and, of course, delicious eating.

A firm-fleshed, oil-rich fish with iridescent silver and blue striped skin, mackerel is a nutritious fish, with intense creamy meat packed with omega-3 fatty acids.

Ask your fishmonger to clean your mackerel fillets for you.

Method

1 Preheat oven to 180°.

2 To prepare the mayonnaise warm the vinegar slightly, place two egg yolks in food processor bowl, add the vinegar and mustard and start the processor. Slowly pour in all the vegetable oil and season to taste.

3 Set aside a tablespoon of mayonnaise for the egg gribiche.

4 Chop the hard boiled egg white and mix it with the tablespoon of mayonnaise, chopped chives, salt and pepper to taste.

5 Finely chop the dill and add it to the remaining mayonnaise.

6 Lightly score the mackerel skin to avoid the fish curling, gently brush the mackerel with olive oil, season with salt and using a blow torch, crisp up and colour the fish skin.

7 Place the mackerel skin side up on a baking tray and cook in a preheated oven, 8-10 minutes at 180°.

8 To serve, place a mackerel fillet in the centre of each plate, place a spoonful of egg gribiche on top of fillet and dot dill mayonnaise around the plate. Garnish with some dill or parsley.

Torched mackerel with dill mayo and egg gribiche

- 4 mackerel fillets

Dill mayonnaise

- 2 egg yolks
- 150ml vegetable oil
- 1 teaspoon mustard
- 1 teaspoon white wine vinegar
- 1 bunch of dill
- Salt & pepper

Egg Gribiche

- 1 hard boiled egg
- 10g chopped chives
- 1 tablespoon plain mayonnaise
- Salt & pepper



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