

SPANISH STYLE STEAMED MACKEREL

EQUIPMENT

LARGE BAKING TRAY, MEDIUM SIZE FRYPAN, WOODEN SPOON, CHEF'S KNIFE, KITCHEN SHEARS

INGREDIENTS

2 X 150GM SLIMY MACKEREL, 1 CHORIZO SAUSAGE, 1 SPANISH ONION, 2 CLOVES GARLIC,
DRIED CHILLI FLAKES, 2GM SMOKED PAPRIKA,
1 X 200CM TIN PEELED TOMATOES, 3 SPRIGS THYME, 2GM DRIED CHILLI FLAKES, 2GM SMOKED PAPRIKA,
3 SPRIGS CORIANDER, 3-4 SPRIGS PARSLEY, EXTRA VIRGIN OLIVE OIL, SALT FLAKES.

METHOD

REMOVE THE FINS FROM THE FISH AND SCORE THE FLANKS OF THE FISH WITH A SHARP KNIFE, LIGHTLY OIL A LARGE BAKING TRAY AND PLACE THE FISH ON THE TRAY, SEASON WITH SALT AND SET ASIDE.

HEAT A MEDIUM SIZE FRYPAN OVER MEDIUM LOW HEAT. SLICE THE ONION, GARLIC AND CHORIZO AND SET ASIDE. PICK THE THYME FROM THE STEAM AND SET ASIDE ALSO.

ADD A SPLASH OF EVOO TO THE PAN AND ADD THE CHORIZO AND SAUTÉ OVER MEDIUM HEAT FOR 2-3 MINUTES.

ADD THE ONION, GARLIC, THYME AND CHILL AND COOK FOR A FURTHER 4-5 MINUTES.

NEXT ADD THE PAPRIKA AND STIR IT THROUGH THEN ADD THE TOMATOES AND COOK FOR 4-5 MINUTES UNTIL THE MIXTURE BECOMES THICK.

ONCE COOKED REMOVE THE TOMATO MIXTURE FROM THE HEAT AND ADD CHOPPED PARSLEY.

SPOON THE TOMATO MIXTURE OVER THE FISH AND PLACE THE FISH INTO A PRE-HEATED OVEN STEAM SETTING 80°C FOR 20 MINUTES.

ONCE STEAMED REMOVE THE FISH FROM THE OVEN AND ARRANGE THE MACKEREL ON A LARGE SERVING PLATTER, GARNISH WITH CORIANDER AND A DRIZZLE OF EVOO AND SERVE.

HINTS & TIPS

- MACKEREL LENDS ITSELF TO BOLD STRONG FLAVOURS SO WHEN USING MACKEREL DON'T BE RESTRAINED WITH THE FLAVOURS YOU CHOOSE.

- SERVE THIS DISH WITH CRUSTY BREAD OR SIMPLE STEAMED RICE OR AS PART OF A SPANISH STYLE DINNER PARTY.