

CRISP SKINNED MACKEREL with PICKLED SPRING CABBAGE

2 pickled mackerel fillets	0.5g crushed fennel seeds
30g Pickling liquid	5g Small crispy capers
15g Shallot Julienne	Chive oil
15g Carrot Julienne	Chervil sprigs
15 Savoy cabbage Julienne	

Pan fry the capers in plenty of vegetable oil until crispy and dry on paper towel.

To serve

- 30g pickling liquid in a small saucepan
- Add the vegetables and bring to the boil, quickly remove. Place on the pass.
- Plancha the mackerel on the skin side, leave slightly under as the fish is already slightly cured.
- Serve with pickled veg under two fillets of mackerel, arrange the chervil, oil and crispy capers around the plate.
- To finish sprinkle a little crushed fennel seed on top of the mackerel

PICKLED MACKEREL

Pickle batch

1000 g Rice Wine Vinegar	10 Juniper Berries
250 g Water	10 Black Peppercorns
50g Salt	4 Star Anise
25g Sugar	20g Thyme Sprigs
20g Dashi	5g Chilli Flakes

- Crush the pepper and juniper lightly, combine all the ingredients and warm.
- Infuse for half an hour then pass. Chill and reserve.
- Salt the flesh side of the fish for 5 minutes. Wash off the salt.
- Pickle flesh side for 10 mins.
- Prepare and give to starters

ALLERGENS- FISH, SULPHITES