

# Fillets of Whitby mackerel on a little red pepper tart with smoked paprika mayonnaise, baby herb shoots

**Mackerel** is an important food fish that is consumed worldwide. As an oily fish, it is a rich source of omega-3 fatty acids and will stand up to strong flavours, particularly good on the bbq.

*Alternative species:-Sardines, salmon, herrings*

**Serves 4**

**Cost per portion 2.75**

**2 Mackerel**, filleted, trimmed and pin-boned

**Red pepper tarts**

6 red peppers, chopped  
2 red onions, peeled and sliced

4 garlic cloves, peeled and chopped

100ml balsamic vinegar

50ml red wine vinegar

thyme sprigs, leaves picked and chopped

olive oil for cooking

100g caster sugar

200g good-quality ready-made puff pastry

sea salt and freshly

ground black pepper

**Smoked paprika mayonnaise**

250ml ready made mayo

finely grated zest and

juice of 1lemon

2 tsp smoked paprika

**Red wine shallots**

100ml red wine

100ml red wine vinegar

100g caster sugar

bay leaf & peppercorns

12 small peeled shallots

**To serve**

mixed herb shoots

Heat your oven to 200 gas 6.

**For the red pepper tarts**

Put red onions, garlic, both vinegars and the thyme into a pan and bring to a simmer. Let bubble over a medium heat until the liquid has reduced right down, almost to nothing; don't let the onions burn. Turn the oven down to 180°C/Gas 4

Heat a large non-stick frying pan over a medium heat. When hot, add a drizzle of oil and the peppers and sugar. Cook for 2 minutes, then add the red onion mixture and cook until the juice has reduced right down, almost to nothing. Taste and season, then allow to cool and chill

On a floured surface, roll out the pastry to the thickness of a £1 coin and prick all over with a fork. Cut out 5cm circles and place on a lined baking sheet. Spread the red pepper marmalade evenly over the pastry circles, but not too thickly. Bake for 10 minutes, then turn the tarts over carefully and bake for a further 5 minutes. Cool on a wire rack.

**For the smoked paprika mayonnaise**, mix all ingredients together thoroughly, cover and chill.

**For the Red wine shallots**, add the wine vinegar, sugar, bay & peppercorns, bring to boil add peeled shallots and simmer for 20 mins

**To cook the mackerel**, oil a non-stick frying pan and place the fish, skin side down, in the pan. Cook over a medium heat for 3 minutes until the skin is crispy, then flip over and remove from the heat, the fish will finish cooking in the residual heat.

To serve, add the pickled baby onions to the mackerel pan to warm through. Put a blob of paprika mayonnaise in the middle of each serving plate and place a red pepper tart on top. Add a few onion halves on each plate, adding a few blobs of paprika mayonnaise. Place mackerel fillets on top, drizzle over any juices from the pan & sprinkle with a few herb shoots.