

Fillets of tandoori spiced mackerel with stove top naan bread, pilau rice crackers, salsa & coriander yoghurt

Demonstration dish for Fish & Ships Festival, Whitby May 2019

Serves 2

2 fillets of mackerel
ready made naan bread
dough or naan bread

For the tandoori marinade

1 tsp ground coriander
2 crushed garlic cloves
1 tsp fresh grated
ginger

1/2 tsp of each cumin,
black pepper & gram
masala

1/4 tsp chilli powder
squeeze of lemon

1 tbsp olive oil
few drops of red food
colouring

For the salsa

1/2 white onion finely
diced

1 tomato finely diced
1 Tbsp chopped
coriander

For the yoghurt

120g yoghurt
2 tsp chopped coriander
1 tsp lemon juice

For the rice crackers

1 dried spring roll
wrapper
1 tsp pilau spice mix
1 tsp sea salt flakes
oil for frying

To marinate the mackerel, mix all the marinade ingredients together and brush onto the fillets of mackerel, leave for at least 30 mins

To make the salsa, mix all the ingredients together, season and set aside

To make the yoghurt, mix all the ingredients together and set aside

To make the rice crackers, snap the rice crackers into several long shards. Deep fry in hot oil until they puff up like a prawn cracker. Drain and season heavily with the pilau spice mix and the sea salt flakes.

To cook the naan bread (if using), roll the dough into tear drop shapes about 10 cm long and about 3-4mm thick. heat a non stick pan over a high heat. Place the naan in the hot pan and cook for approx 45 seconds on each side until slightly charred and blistered

To cook the mackerel. Once marinated place the fillets onto greaseproof paper and cook in a hot oven or under the grill until just cooked. 4-5 mins

To plate the dish, place the naan breads on a suitable serving plate, top with the mackerel fillets, salsa, yoghurt and finally the rice crackers. Place any remaining salsa, yoghurt and crackers around the plate.