






Recipe Details

Recipe Name : Grilled Mackerel With Green Olive, Celery & Raisin Salsa
Recipe Category:
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Created : February 16, 2015
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Portions : 4






Weight (Per Portion)

One portion of this dish weighs approximately 127.00 Grams

Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Mackerel, raw	8 Unit	 Fish
Oil, olive	4 Tablespoon	
Salt, sea	1 Pinch	
Pepper, black	1 Pinch	
Celery	125 Gram	 Celery
Olives, ripe, canned (small-extra large)	60 Gram	
Capers, canned	3 Tablespoon	
Raisins	70 Gram	 Sulphur Dioxide
Vinegar, red wine	1.5 Tablespoon	
Oil, olive	4 Tablespoon	
Honey	3 Tablespoon	
Parsley, raw	15 Gram	

Recipe Alerts

Special Dietary Requirements Suitability:	 Kosher  Halal
Allergen Warnings:	 Fish  Celery  Sulphur Dioxide

Recipe Method

1. Stir together all the salsa ingredients. Taste it; it should be sweet, sour and salty. Season with salt and pepper and leave to sit for at least 15 minutes for the flavours to evolve. (At this point, the salsa can be refrigerated for up to 24 hours, if necessary. Before serving, allow it to come to room temperature, refresh with extra chopped parsley and adjust the seasoning).
2. Set an oven grill to its highest setting. Toss the mackerel fillets gently with the oil and some salt and pepper. Lay the fillets on a flat oven tray, skin side up and place under the hot grill for 3-4 minutes, or until just cooked.
3. Serve the fish hot or at room temperature, with a spoonful of salsa on top.

