

SAUTERELLE

Cornish mackerel ceviche, summer flowers , fennel and lemon purée – by Robin Gill (serves 4)

Ingredients

For the marinade:

- 2 mackerel (filleted bones removed)
- 1 lemon (zest)
- 1 orange (zest)
- 1 head fennel (tops and outer layers sliced)
- 20g sea salt
- 20g sugar

For the salad:

- Bulb of fennel
- 2 cucumber flowers
- 1 bunch of garden radishes
- 6 chive flowers
- 1 bunch chives (finely sliced)
- 4 nasturtium leaves and flowers
- 4 courgette flowers
- 1 cucumber (peeled and slice into ribbons)
- 20ml extra virgin olive oil



Method

1. Sprinkle evenly half of the salt, sugar, fennel trimmings and citrus zest onto a flat tray. Next place the mackerel fillets skin side down, and top with the remaining the marinade ingredients. Cover with cling film and refrigerate for two hours.
2. Meanwhile cut in half the remaining bulb of fennel, and along with the radishes, finely slice using a mandolin. Place the vegetables into iced water and reserve until ready to serve.
3. Take the zested lemon and orange and make a dressing with the juice, season and mix with olive oil. Reserve until ready to serve.
4. After the mackerel has marinated for two hours gently wash off the marinade. Pat dry and place three layers of cling film across a work surface. Place a fillet skin side down then place another fillet on top, skin side up (placing the two fillets together again). Roll tight the cling film rolling the fish into a sausage shape and tie both ends. Place in freezer for 30 minutes to set.
5. Remove the mackerel from the freezer when the fish appears to just start to freeze.
6. Slice into 'carpaccio-like' slices, removing the cling film as you slice onto a tray (8 slices approx per serving).
7. Take the citrus dressing and drizzle a little over the sliced mackerel.
8. Meanwhile take all the flowers, cucumber ribbons, chopped chives and drain the sliced fennel and radishes and add to a large mixing bowl, dress with the remaining citrus dressing and divide between four plates. Place the mackerel slices alternatively over the salad on each plate and serve straight away .