

THE BERTINET KITCHEN

Cookery School & Bakery

Grilled mackerel, watercress, anis and citrus dressing

You will need

2 mackerel
2 limes
4 star anis
1 lemon
2 sprigs fresh thyme
2tbsp white wine vinegar
1 tbsp avocado oil
2 lemon grass sticks
bag of watercress or lamb's lettuce

Method

Skewer each mackerel fillet with a spear of lemon grass.

Mix the vinegar and lemon juice and the zest of the limes. Add the star anis and avocado oil and stir well. Season with ground pepper.

Preheat a non-stick pan and place the mackerel (skin first) into the pan. Cook for 2 minutes and then turn over and cook for a further 2 minutes on the other side.

Place some watercress in the centre of a plate and arrange the lime segments around it. When the mackerel is cooked place it on to the watercress and drizzle some dressing over. Add a little fleur de sel to finish.

Preparation

Fillet the mackerel and pat dry.
Zest and segment the 2 limes.
Juice the lemon.
Cut each lemon grass stick into 2 pointed spears.

Notes
