



**Jack Pearce**  
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# CURED MACKEREL WITH TOMATO CEVICHE

## INGREDIENTS

- 2** mackerel fillets
- 75g** sugar
- 75g** salt
- 1 tbsp** toasted fennel seeds
- 1 tbsp** chopped dill
- 2** limes, zested and juiced
- Handful** British tomatoes
- 1 tbsp** chopped coriander
- Pinch** of salt
- 1** finely diced red onion
- Sea Oyster Leaves**
- Red Vein Sorrel**
- Bronzed Fennel**

## METHOD

- 1.** Mix together the sugar, salt, fennel seeds, dill and lime zest.
- 2.** Sprinkle a 1/4 of the mix in a baking tray and then place the mackerel fillets on top, skin side down.
- 3.** Cover the mackerel with the rest of the cure mix. Cover with cling film and place in the fridge for 1 hour.
- 4.** Meanwhile, slice the tomatoes and place into a bowl. Add the onion, lime juice and zest, salt and coriander. Mix together. Leave the tomatoes to macerate for 20 mins.
- 5.** Wash the cure off the mackerel. Pat dry before placing skin side up on a baking tray. Using a blow torch, lightly sear the skin until crispy.
- 6.** Place the tomatoes in the centre of a plate with the mackerel fillet on top. Garnish with sea oyster, red vein sorrel and bronzed fennel.

PREP TIME | 1 hour 15

COOK TIME | 20 minutes

READY IN | 1 hour 35