



BAKED FILLET OF MACKEREL WITH PICCALILLI

This month's fresh and zingy fish recipe is provided by Alex Bigot, executive head chef at the award-winning Møller Centre at Churchill College, Cambridge University

Serves 4

- 2 large mackerel; ask your fishmonger to fillet them so you get 4 portions
- 40ml malt vinegar
- 60ml cider vinegar
- 20ml water
- ½ onion, finely chopped
- 1 teaspoon English mustard powder
- 1 teaspoon ground turmeric
- 1 teaspoon ground ginger
- 60g granulated sugar
- 40g French beans cut into 2cm pieces
- 100g cauliflower, in tiny florets
- 1 carrots, diced into small cubes
- 1 garlic clove, crushed and inside germ removed
- Sea salt and black pepper

Piccalilli

- You can make the piccalilli two or three days in advance, this will save you time on the day.
- Pour the vinegar into a deep saucepan and bring to the boil.
- Then add the onions, the spices and the sugar, and boil for 8 minutes.
- Finally, add the vegetables, sea salt and black pepper and simmer for a further 4 minutes.
- Pour into a preserving jar, but ensure the lid is not metallic as the acidity will corrode it.

Fish

- On the day you want to serve the dish, pre-heat the oven to 180°C. Meanwhile, lightly oil a baking tray and place the mackerel fillet skin-side down, season with some of the sea salt and black pepper, then cook for 4 to 5 minutes maximum.
- Present some of the piccalilli on the side of the plate, take the fish out of the oven and transfer it to the plate using a pallet knife.
- If you want to impress your guests, you can delicately remove the skin of the fish and brush it with a little more oil, then place it back in the oven at 200°C for 7 minutes so the skin is completely crispy. It will be like crackling...
- Add a few micro leaves, such as cress or watercress, to decorate.



CHEF'S TIP....

Look for mackerel with shiny bodies and bright eyes; they should also be firm-feeling and rigid. Opt for whole mackerel so you can check the quality and freshness. Mackerel is totally sustainable, very good value for money, contains large amounts of omega 3 and vitamin B12 and is also a high source of magnesium and phosphorus – great for optimum brain functioning and the formation of blood cells.

BITE-SIZED NEWS

EAT EAST

Prepare to tantalise your tastebuds and feast your eyes on some of the finest fare in the county as Chilford Hall hosts its annual celebration of food from March 3rd-5th. Now in its 17th year, Feast East – in association with our sister publication *Cambridgeshire Journal* – will feature food and drink from around 90 local producers, from damson coulis, rapeseed mayonnaise and handmade chutneys to locally produced wines, beers, spirits and coffee. Companies from the six counties of Norfolk, Suffolk, Cambridgeshire, Bedfordshire, Essex and Herfordshire set to exhibit include cake and bread mix specialists Glebe Farm of Kings Ripton and Cambridgeshire-based kitchen accessories company Cooking Gorgeous. Delicious newcomers will include the Suffolk Pâté Company, The Artisan Smokehouse and The Perfect Tipple, showcasing their very own sparkling wine infused with 23 carat gold flakes! Raising the heat in The Show Kitchen will be professionals from some of the region's best eateries, including The Red Lion at Hinxton, Cambridge's upmarket Restaurant Alimentum and the Plough and Fleece at Horningsea. Find out more about Feast East, which this year has been organised by Oakleigh Fairs, at www.feast-east.co.uk

