

Grilled Mackerel & Pickled Gooseberry Ketchup



Serves 4 Prep 40 mins + 2h pickling Cooking 30 mins Challenge

Ingredients

4 fresh mackerel, fillets, pin boned & each fillet cut across the grain into 3 pieces
1 tsp sea salt
2 tbsp chives, finely chopped, to serve

1 tsp sea salt
3 black peppercorns
1 bay leaf
150g gooseberries, washed
½ cucumber, cut into ribbons
1 tbsp olive oil pinch fennel seeds
1 onion, finely sliced,
1 green apple, peeled, cored and cubed
1 tsp brown sugar
100g thick, live natural yogurt

For the pickled gooseberry ketchup

150ml white wine vinegar
2 tbsp golden caster sugar
4 juniper berries

1. First, pickle the gooseberries: put the vinegar, sugar, sea salt, juniper berries, peppercorns, bay leaf & 150ml water in a small pan & bring to the boil. Simmer until the sugar has dissolved, ± 3 mins, then infuse for 10 mins. Put the gooseberries & cucumber ribbons in a clean jar, add the bay leaf from the pan & pour over the pickling mixture & aromatics. Seal with a lid & allow to pickle for at least 2 hrs or preferably overnight.
2. Lay the mackerel pieces on a plate, skin-side down, and sprinkle the flesh with the sea salt. Allow to come to room temperature while you finish making the ketchup. Heat the olive oil and fennel seeds, add the onion & apple, season and cook for 8-10 mins, stirring, until the onion is soft and aromatic.
3. Drain the gooseberries and cucumber, reserving the pickling liquor. Set aside the cucumber & a handful of the gooseberries. Slice the rest of the gooseberries & add to the onion & apple mix, along with the brown sugar & 1 tbsp of the pickling juice. Stir until the gooseberries have broken down & the liquid has evaporated, ± 10 mins. Taste for seasoning to balance the flavours Blend using a stick blender or food processor to a smooth consistency, then leave to cool. Once cool, mix the ketchup through the yogurt.
4. Heat grill to its highest heat. Submerge the mackerel pieces in the reserved pickling liquor, then put on a baking sheet, skin-side up. Grill the mackerel for 2-4 mins until the fish is just cooked through – it should be just opaque rather than dry and flaking.
5. Divide the ketchup between 4 plates and top with the reserved pickled cucumber and gooseberries. Put the mackerel pieces on top and garnish with chives.