

Mackerel Escabeche



Serves 4 Prep 15 mins

Cooking 15 mins

Easy

Ingredients

2 tbsp olive oil
1 onion, thinly sliced
1 fennel bulb, thinly sliced
2 small carrots, thinly sliced
3 bay leaves
1 tsp caster sugar
1 tsp fennel seeds
300ml white wine
2 large oranges, 1 zest peeled into strips, 2 juiced
3 tbsp white wine vinegar
8 mackerel fillets, skin on

1. Heat the oven to 179C/ Fan 150C/ Gas 3. Heat the olive oil in a pan over a medium-high heat, add the onion, fennel and carrots. As soon as the vegetables start to sizzle, add the bay leaves, sugar and fennel seeds, Season and fry for 2 mins. Pour in the wine, orange juice, zest and vinegar, and bring to the boil. Reduce the heat and simmer for 5 minutes. Scoop out the orange zest and discard.
2. Lay the mackerel fillets, skin-side up, in a baking dish, pour over the hot marinade and cook in the oven for 4 - 6 mins or until just cooked through. Serve warm or chilled.