

Soused Mackerel with Crème Fraiche



Serves 4 Prep 15 mins + 24 hrs soaking Cook 10 mins Easy

Ingredients

300ml white wine vinegar
1 small carrot, thinly sliced
1 red onion, thinly sliced
6 allspice berries, slightly crushed
8 whole black peppercorns
4 cloves
1 tbsp sugar
4 mackerel fillets

To serve

2 slices of rye bread
100g low-fat crème fraiche
2 tbsp capers (optional)
1 small red onion, finely chopped
small bunch chives, snipped

This pickled fish dish is Scandinavian. If you wish to double the recipe, just increase the amount of fish you use, not the pickling liquid.

1. Put the vinegar, 300ml water, carrot, red onion, allspice berries, peppercorns, cloves, sugar and 1 tsp salt in a pan and bring to the boil. Gently simmer for 10 mins until the carrot is just cooked, then take off the heat and allow to cool slightly.
2. Lay the mackerel fillets, flesh-side down, in a shallow dish and pour the souasing liquid on top, allow everything to cool, then cover with cling film and place in the fridge for 24 hours.
3. The following day, drain the mackerel fillets from the liquid and cut into slices. Toast the rye bread, then pile a few mackerel slices on top with a dollop of crème fraiche, chopped red onion and chives and a scattering of capers (if using)