

Posted on 23 May 2017

by Liz Robb

Smoked Mackerel, Pickled Beetroot And Horseradish Cream

Ingredients

2 red beetroot
2 white beetroot
300ml rice vinegar
200ml cold water
2 tablespoons of sugar
1 teaspoon of salt
2 bay leaves
A few black peppercorns
A pinch of crushed chillies
A small piece of fresh horseradish root
7-8 tablespoons of double cream
1 lemon
Half a tablespoon of Dijon mustard
4 smoked mackerel fillets
A handful of fresh parsley
Rocket
Cucumber

Servings
4
Person

Preparation

1. Peel and slice the white beetroot into wafer thin rounds using a mandolin; watch your fingers! Repeat with the red beetroot and place into 2 dishes.
2. Pour the rice vinegar and cold water into a small saucepan. Add the sugar, salt, bay leaves, peppercorns and crushed chillies.
3. Bring to the boil and simmer gently for a two minutes. Pour the pickling liquid over the dishes of beetroot, leave to cool then refridgerate overnight
4. To make the horseradish cream, peel and finely grate the horseradish root, then whip the double cream until it begins to thicken.
5. Combine the grated horseradish, mustard and a tablespoon of lemon juice with the cream. Leave to chill in the fridge.
6. Squeeze a little lemon juice onto the mackerel fillets and heat under the grill for about 5 minutes. Put on the plates sprinkled with chopped parsley.
7. Add overlapping pickled beetroot slices and a small dish of horseradish cream to each plate, then garnish with chopped cucumber and rocket.

Cooks Note

This light and delicate dish makes an interesting starter with its contrasting colours and strong flavours.

The beetroot is best if pickled at least a day in advance, but there are few ingredients in this dish and the preparation is quick and simple.