



Posted on 17 June 2018

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Simple Summer Dish: Griddled Mackerel, Caper and Dill Salad, Aoli and Crispy

Garlic Potatoes

Ingredients

4 medium potatoes
3 large cloves of garlic
Olive oil
Salt and black pepper
2 teaspoons of capers
A sprig or two of fresh dill
1 large lemon
A quarter teaspoon of runny honey
3 heaped tablespoons of mayonnaise
A quarter of a cucumber
A stick of celery
Crisp lettuce
A few radishes
4 small fresh mackerel fillets
A handful of fresh parsley.

Servings

2

Person

Preparation

- 1 Preheat the oven to 180 degrees, 160 degrees fan. Brush an oven tray with a little olive oil and warm in the oven for a few minutes.
- 2 Peel the potatoes and chop into cubes. Peel and finely chop 2 cloves of garlic.
- 3 Add the potatoes and garlic to the warmed pan, toss together and season with salt and black pepper then spray with a little more olive oil. Cook for 40 minutes, or until golden brown and crispy, turning or tossing half way through to brown evenly.
- 4 To make the salad dressing, roughly chop the capers and dill leaves and mix them with one and a half tablespoons of lemon juice. 2 tablespoons of olive oil and a quarter teaspoon of runny honey. Season, taste and then chill in the fridge.
- 5 For the aoli, peel and crush the remaining garlic clove and mix well with the mayonnaise. Gradually add and whisk in a tablespoon of olive oil and half a tablespoon of lemon juice. Season to taste and chill in the fridge.
- 6 For the salad, peel, quarter lengthways, deseed and chop the cucumber, chop the celery and radishes quite thinly, then chop a few lettuce leaves. Mix everything together.
- 7 When the potatoes are ready, rub olive oil into the mackerel fillets and season well with salt and pepper. Heat a griddle pan and cook the fish, skin side down, in the hot pan for about 3 minutes to crisp the skin, then turn and cook for 2 minutes.
- 8 Toss the salad in the dressing and divide between 2 plates and serve 2 fillets of mackerel per person, with a small dish of aoli. Chop the parsley finely, scatter onto the hot potatoes, mix in and then serve on the side.

Cooks Note

I cooked this just for 2, but it can very easily be scaled up. It is an ideal dish to serve for a simple lunch or supper, or cook the fish on a barbecue instead.