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.