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by Liz Robb

Smoked Mackerel Adds a Tasty Twist To Caesar Salad

Ingredients

1 fat clove of garlic
3 canned anchovy fillets
Half a teaspoon of grain mustard
Parmesan cheese
5 tablespoons of light mayonnaise
Black pepper
1 lemon
2 thick slices of day old rustic white bread
Olive oil
Salt
A sprig of rosemary
Crisp lettuce leaves eg. Cos, Romaine, Little Gem
2 eggs
2 smoked mackerel fillets
A few chives

Servings
2
Person

Preparation

1. For the dressing, peel and crush the garlic, add the anchovies and half a teaspoon of grain mustard and mash together.
2. Add a good handful of finely grated Parmesan cheese and mix together.
3. Add the mayonnaise, season to taste with black pepper and mix well.
4. Stir in the juice of half a lemon and then cover the bowl with clingfilm and chill in the fridge.
5. For the croutons, grind together the rosemary leaves and a little salt. Drizzle or spray a little olive oil onto the bread and then sprinkle on the rosemary salt and rub in.
6. Preheat the oven to 200 degrees or 180 degrees fan oven. Pull the bread into roughly bite sized pieces, place on an oven tray and bake for about 10 minutes until browned and crunchy.
7. Wash and roughly chop the lettuce into large pieces.
8. Boil the eggs until soft boiled.
9. Meanwhile, place the mackerel fillets on a foil lined oven tray, brush lightly with oil and grill lightly.
10. To assemble, mix the dressing with the lettuce and divide between two bowls. Scatter on the croutons and the mackerel, sliced or broken into pieces. Halve the boiled eggs and place on top. Garnish with Parmesan shavings and chopped chives.

Cooks Note

Serve as a main course or a starter. Some recipes suggest adding a dash of Worcestershire sauce to the salad dressing, or adding extra anchovy fillets to the salad.