



Mackerel with Rhubarb, Figs, Seasonal Vegetables and Cous Cous

Ingredients

Whole Mackerel, scaled & gutted
Fresh Picked Rhubarb - Diced
Lemon & Lime Rind
Lemon & Lime Segments
Scottish Asparagus Spears
Yellow & Green Courgettes Slices
Fennel Bulb
Baby Gem Lettuce – Halved & Charred
Scottish Heritage Tomatoes
Broad Beans – Double Podded
Figs – Dice & Wedges
Olives – we marinated our own
Rhubarb Gin – any good quality
Star Anise
Cous Cous
Wild Garlic Cloves
Red Chilli – Finely Chopped
Capers – Pickled & Salted
Scottish Marsh Samphire
Freshly Ground Black Pepper
Smoked Sea Salt
Cold Pressed Rapeseed Oil
Knob of butter
Pomegranate Seeds

Method

Heat a little oil in a lidded frying pan.

Sear the Mackerel, add the butter, a little water & a splash of Rhubarb Gin.

Pop the lid onto the pan and leave for a few minutes. Remove from the pan and pop under some foil to keep warm.

Add another splash of Gin, Rhubarb, Salt, Pepper, Courgettes, Lemon & Lime Rind, Samphire, Olives, Star Anise, Garlic, Chilli & Capers and pop the lid on for another minute or so.

Add in the Asparagus, Broad Beans, Diced Figs, Tomatoes and cook gently for a minute. Add Cous Cous and more seasoning, Lemon & Lime Segments cook for a few minutes. Once the Cous Cous is cooked through pop everything onto a serving platter with the Charred Little Gem, place the Mackerel on top & garnish with Pomegranate Seeds & Fig Wedges.

