



## BEET THE BLUES

*Eat well • Live better*

### SOUSED CORNISH MACKEREL, FRESH HORSERADISH AND PEA TENDRILS

*Serves 4*

#### INGREDIENTS

4	Medium sized mackerel butterfly filleted and all boned removed
1 large	Shallots, peeled and cut into thin rings
1	Medium mixed heritage carrots, peeled and thinly sliced at an angle
2	Bay leaves
10	White peppercorns
1tsp	Cornish sea salt
250ml	Cider vinegar
1 punt	Pea tendrils
25g	Fresh peeled horseradish
1l	Water

#### METHOD

1. Preheat the oven to 180°C/gas 4.
2. Roll up the mackerel fillets, skin side out and tail facing up, and secure each roll with a cocktail stick.
3. Arrange them, not too close together, in an oven proof dish just large enough to hold them.
4. Put the rest of the ingredients in a thick bottomed pan and add water.
5. Bring to the boil, simmer for 1 minute and remove from heat.
6. Pour the hot mix over the mackerel fillets.
7. Cover the dish with a lid or foil and leave to cool down naturally (this will pickle and cook the mackerel).
8. Serve one mackerel fillet with the garnish of shallots, a piece of bay leaf and carrots and a little of the pickling liquor.
9. Dress with pea tendrils and finely grated fresh horseradish.

