



BBQ MACKEREL FILLETS WITH RATATOUILLE AND A LEMON AND SAMPHIRE BUTTER

FOR THE MACKEREL

8 mackerel fillets, pin boned (approx 800g)
1 tsp ground cumin
1 tsp ground coriander
1 tsp garam masala
1 tsp turmeric
½ tsp chilli powder
2 tsp sea salt flakes
2 tbsp lemon juice

FOR THE RATATOUILLE

Olive oil for frying
1 large aubergine, cut into cubes
2 medium courgettes, cut into cubes
1 medium white onion, chopped
1 red pepper, chopped
3 large cloves garlic, finely chopped

½ tsp cumin
½ tsp hot paprika
300g passata
Basil

FOR THE LEMON AND SAMPHIRE BUTTER

200g samphire
100g salted Guernsey butter
1 tbsp olive oil
1 clove garlic
2 lemons, juiced

METHOD

BBQ MACKEREL FILLETS

1. Light the barbecue (grill or griddle). Using a sharp knife, slash the mackerel skins, four times diagonally, on each fillet.
2. Mix all the spices, salt and lemon juice together with some cracked black pepper. Rub well into both sides of the mackerel. Leave to marinate for 30 minutes while you make the ratatouille.
3. Place the mackerel fillets on the barbecue (grill or griddle), skin side down, and cook for 3-4 minutes. The fish will lift away easily when it's done. Gently flip over and cook for another 3-4 minutes.

RATATOUILLE

1. Preheat oven to 190°C/375°F/gas 5.

2. In a wok or pan, heat the olive oil over a high heat, then add the onion and a little seasoning. Sauté for 2 minutes, then add the aubergine and pepper. Add garlic and fry for another minute. Add the courgette and sauté for another 2 minutes.
3. Add the cumin, paprika and passata and give it a good stir. Bring to a simmer and cook for 8-10 minutes until the vegetables are tender, stirring every so often.
4. Season and add chopped basil, serve.

LEMON AND SAMPHIRE BUTTER

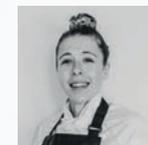
1. Blanch the samphire in boiling water for 20 seconds then drain.
2. Heat the oil and butter in a wok or pan then add garlic and samphire and stir. Add lemon juice and serve.



45m



SERVES 4



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