

Cured Mackerel Salad Recipe

This cured mackerel salad recipe makes a great starter or lovely light lunch. Curing the mackerel gives the fish a very flaky texture and enhances the natural taste. As the majority of the prep can be done in advance this is ideal for entertaining. The cooking of the shallots is just enough to take the rawness away. The salad can be adaptable and you could substitute the apple for grapes or rocket for any other salad leave of your choice.



Ingredients

Serves 4

2 Mackerel Fillets Pin Boned



For the Curing

250g Cucumber chopped

40g salt

50g sugar

Herb Mayonnaise

1 large egg Yolk

1 tbsp Dijon Mustard

½ tbsp White Wine Vinegar

Handful of Dill Leaves Chopped

Lemon Juice to Taste

Salad

4 Celery Stalks chopped

2 handfuls Walnuts

2 Handfuls of Rocket

1 Apple

Oil for cooking

2 Shallots, sliced (for garnish)



Method

Put all the curing ingredients in a food processor and blend until pureed. Place the mackerel fillets in a dish and cover with the blended mixture. Put this in the fridge to cure for 4 hours.



While the mackerel is curing, you can make the mayonnaise and prepare the salad.

For the mayonnaise you need to make a dill oil to start. Add the dill and oil to a blender and blend until well combined.

In a large bowl whisk the egg yolk, mustard and white wine vinegar until combined. Continue to whisk and slowly add the dill oil in a steady stream. You might not need to use all the oil, stop adding when the mixture thickens to a mayonnaise consistency. Add lemon juice and season to taste. Keep in the fridge until ready to use.



For the salad, toast the walnuts over a low heat. This will only take 1–2 minutes. Once toasted add to a bowl with the celery, apple (peeled, cored and cut into thin batons) and rocket.

For the garnish, cover the bottom of a small frying pan with oil and heat gently. Once hot add the onions and take off the heat. Allow the onions to soften in the warm oil. After 10 minutes take the onions out and dry on kitchen paper. Set aside.



Once the mackerel has cured, take it out of the mixture, rinse gently then pat dry.



Cut the mackerel in half long ways. Heat a little oil in a frying pan over a medium heat and cook the mackerel for 20–30 seconds on each side.

To serve, mix the dill mayonnaise in the salad and divide between the serving plates. Place a piece of mackerel on top of each salad and top with the onions.



Enjoy!

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