

MACKERELS WITH MANDARIN AND BLACKCURRANT COULIS



Preparation of the mackerels

12 mackerels (1 to 2 kg)

1 bay leaf

a wisp of thyme

1 white onion

2 mandarins

300 ml white wine

100 ml water

50 ml white vinegar

30 g sugar

10 g salt

Fillet and bone the mackerels. Lay them into a bowl and put a thin slice of onion cut into half and a thin slice of mandarin cut in half between each fillet. In a

saucepan, bring to the boil the white wine, white vinegar, water, sugar, salt, thyme and a bay leaf. Then pour this boiling syrup over the mackerels (making sure they are all covered with the syrup). Cover the mackerels in clean film, leave to cool at room temperature (the mackerels this way can be kept for 4 to 5 days in the fridge).

Preparation of the mandarin coulis

4 mandarins

100 ml white vinegar

20 g sugar

Squeeze the juice of the four mandarins into a saucepan and reduce by half it on a low heat. Put it aside. Place the squeezed mandarin peels in a saucepan, cover with cold water. Bring it to the boil, drain and repeat this operation twice. Then add 100 ml of white vinegar, 100 ml of water and 20 g of sugar and let it cook slowly for 30 minutes. Drain it. With the aid of a mixer, purée the candied mandarin peels with the reduced juice. Sieve and put to one side.

Preparation of the blackcurrant coulis

60 g blackcurrant purée

10 g balsamic vinegar

Mix the blackcurrant purée with the balsamic vinegar.

For the trimming

3 mushrooms

4 mint leaves

Wash the mushrooms. Cut the hat into three slices that are 2 mm thick and cut them into small cubes. Wash and chop the mint leaves.

Arranging the plate

Lay out a little bit of the mandarin coulis and the blackcurrant coulis on the plate. Sprinkle with the finely diced mushrooms. Lay out three mackerels and a little bit of julienned mint.

This recipe has been created by the Jardin des Remparts, Beaune, France and is displayed and kindly shared by the Cassissium.