

# Cured & Smoked Mackerel, Poached Rhubarb & Rhubarb Slaw

Recipe by: Laurence Tottingham



“This dish is a really nice refreshing starter; the sharpness goes really well with the rhubarb. You get all the freshness first followed by the smoky richness of the mackerel. Gutsy rich wintry main courses follow a starter like this nicely.”

**Prep & Cooking Time: 12 hours | Serves: 4 people**

## Ingredients

- **Rhubarb Slaw**
- Juice of 1 lemon
- 2 tsp caster sugar
- Salt and freshly ground black pepper
- 1 fennel bulb, trimmed, tough outer stalks removed
- 150g rhubarb
- 150g radishes
- 2 tbsp mild olive oil
- **Smoked Mackerel**
- 40g sugar
- ¼ bunch of dill
- 60g fine salt
- 7g of smoke powder SOSA
- 4 fillets of Mackerel
- **Poached Rhubarb**
- 3 sticks of rhubarb
- 200ml grenadine
- 200ml water



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## Method

1

### Rhubarb Slaw

Mix the lemon juice & sugar together.

2

Keep the green throngs of the fennel and chop up for garnish.

3

Slice all the veg as thin as possible and leave to pickle in the mix for about 20 minutes.

4

Mix the chopped fennel tops in and serve.

1

### Smoked Mackerel

Mix together all the ingredients & spread well over the Mackerel fillets.

2

Vac pac gently and leave to cure for 12 hours.

3

Wash for about 5 minutes under cold running water, then vac pac in olive oil until ready to serve.

1

### Poached Rhubarb

Cut the rhubarb into strips of equal length about 50mm thick.

2

Mix together the water & grenadine and put into a vac pac bag with the rhubarb and seal as far as you can.

3

Cook the rhubarb for 1 hour at 60c in a water bath then cool down and leave to marinade overnight.

### To Serve

You can make a puree with the rhubarb juice from the poached rhubarb using SOSA Gel Crem Cold. Use 7g per 100g of juice and using a hand blender blitz well, leave for a minute then blitz again before storing in a squeeze bottle. Arrange with all other components on the plate.