

# Cured & Smoked Mackerel, Rye Toast, Mustard Cream, Beetroot & Red Watercress

Recipe by: Laurence Tottingham



“This starter is made using the SOSA Smoke Powder & Gel Crem Cold. The powder takes out the cold smoking process after the mackerel has been cured.”

**Prep Time & Cooking Time: 12 hours and 30 minutes**

## Ingredients

- 4 fillets of Mackerel
- ½ tbsp mustard cream
- 200ml double cream
- 200ml organic beetroot juice
- Red watercress
- 100% rye bread
- 120g fine salt
- 80g sugar
- ¼ bunch of dill
- 7g of smoke powder SOSA
- 14 g Gel Crem Cold
- Lemon juice
- 2g sugar



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## Method

1

Mix together the salt, sugar, smoke powder & dill.

2

Lay the Mackerel flat in a vac pac bag and sprinkle the cure over the fillets so there is a complete even layer of the flesh. Vac pac the fish and leave to cure for 12 hours.

3

After the 12 hours, wash the fish under cold running water for 5 minutes. Then vac pac in oil until ready to serve.

4

Whisk the cream, mustard, lemon juice, sugar and a pinch of salt together to a soft peak.

5

Using a hand blender, blitz together the Gel Crem Cold & the organic beetroot juice. Leave to stand for a couple of minutes then blitz again, this will make a good fluid gel consistency.

6

Fry the rye bread in clarified butter and serve with baby watercress.

Gel Crem Cold thickens a liquid up with out any after taste. It will go as far as a thick custard consistency like crème pat. If it's too thick then add more liquid, if it's too thin add more gel crem.

7

**To Serve:** Take a slice of the 100% rye and grill on both sides, break some pieces off the bread and fry off in clarified butter to make croutons.

8

Dress the plate with the mustard cream, beetroot, place the mackerel on the rye bread and garnish with the red watercress.