

Pan Fried Mackerel Fillets,

BLT Salad – Heritage Tomato, Little Gem, Smoked Bacon Lardons,
Herb Mayo Dressing.



Ingredients

Serves 4

Prep time 10-12 min | Cook time 8-10 min

- 6g Sea Salt
- 1g Whole Black Peppercorn
- 60ml Cold Pressed Rapeseed Oil
- 60g Salted Butter
- Lollo Rosso
- Lollo Biondi
- Little Gem
- Heritage Tomato UK
- Smoked Bacon

Dressing

- 180ml Mayonnaise
- 60ml Single Cream
- 1 Lemon
- Chive
- Chervil



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Methods

1. First make the herb mayo - Combine the mayonnaise with single cream, juice and zest from 1 lemon, chopped chives, parsley, 3g sea salt, 40ml rapeseed oil and fresh cracked black pepper. Set to one side.
2. Season the Mackerel fillets with salt and pepper and then brush with oil. Pan fry and baste with the butter.
3. Cook the bacon lardons and keep warm.
4. Prepare the salad and dress with a little oil and lemon juice and mix with cut heritage tomatoes.
5. Serve the cooked mackerel & crispy bacon lardons with salad, picked chervil and dressing.