

## Spicy Griddled Mackerel

Mackerel is best eaten straight out of the sea, before it takes on the strong fishy smell often associated with it. It is a very economical fish and if you fancy a free meal, it easy to catch off harbour walls using a line and feathers. As mackerel is the oiliest of the oily fish (and hence a great source of omega-3 fatty acids), the oil needs to be balanced with lemon or lime juice or spices.

For 4 people you will need:

4 medium sized cleaned mackerel  
1 tablespoon olive oil  
1 teaspoon paprika  
½ teaspoon ground chilli  
1 teaspoon ground coriander  
Juice of 1 lime  
1 teaspoon soft brown sugar

Extra oil for cooking

Black pepper  
Lime wedges

1. Remove the heads from the fish. To remove the bones, place a mackerel belly down on a chopping board. Press down on the fish all along the back bone with a finger and the fish will flatten. Turn over and lift out the back bone – most of the other bones should come with it. Trim off the dorsal fins. You will be left with a butterfly of fillets for each fish.
2. In a large bowl mix the olive oil, spices, lime juice and brown sugar. Add the fish to the bowl and coat each fish with the mix.
3. Add a slug of oil to a griddle pan and heat. Griddle the fish on each side for a few minutes until the flesh is cooked and the outside starts to crisp.
4. Serve with freshly ground black pepper and lime wedges.
5. The mackerel could be served on top of a pile of mashed potato for a hearty winter dish, or with a peppery salad of rocket and spinach.