

## Mackerel en Escabeche

---

This is a very slight modification to Sophie Grigson's version of the Spanish pickled fish recipe, here done with mackerel. The original actually uses whole trout but I like fillets as a starter for a summer garden party in years when the weather is conducive. One great advantage is that it must be made ahead of time so the final day is less of a rush. I like to dilute the white wine vinegar with water to make the result a little gentler. Depending on your wine vinegar and taste, you may want to use straight vinegar, as in the original.

---

### Planning

serves:	8
prep time:	30 mins
cooking time:	10 mins

### Ingredients

8 mackerel fillets  
juice of 1 lemon  
salt & pepper  
olive oil, for frying  
½ cucumber, peeled & sliced  
thinly  
1 red onion, sliced paper thin  
1 yellow pepper, deseeded  
& sliced thinly  
1 red chilli, deseeded &  
sliced  
1 bay leaf  
1 tsp allspice berries,  
crushed  
1 clove garlic  
100ml white wine vinegar  
50ml water (or more wine  
vinegar, depending on  
taste)  
85ml olive oil

### Method

Rub the lemon juice on both sides of the mackerel fillets, season and leave for 30 minutes. Dry them on kitchen towel and fry them in hot olive oil until lightly browned on both sides. Place them in a shallow dish.

Place the remaining ingredients (from the cucumber down) in a pan and bring to the boil. Reduce the heat and simmer gently for three minutes, stirring a little to blend. Pour this marinade over the fish, allow to cool, then cover and refrigerate over night.