

Mackerel with Toasted Almond Potatoes


a *barton seaver*
recipe brought to you by:

BLUE OCEAN INSTITUTE
Inspiration, Information, Action

ingredients:

- ___ **2 lbs.** mackerel fillet
- ___ **¼ cup** of salt
- ___ **1 T** sugar
- ___ **2 cups** water
- ___ **1 lb.** red skinned organic potatoes
- ___ **1 tsp** natural almond extract OR 1 cup almond milk
- ___ **¼ cup** almond oil
- ___ **¼ cup** sliced, blanched almonds
- ___ **1 lemon**, sliced very thin
- ___ **1 clove** garlic
- ___ **2 T** chopped parsley
- ___ **1 T** extra virgin olive oil

Purchasing factors within this dish:

 **Mackerels**—Atlantic, Cero, King, and Spanish Mackerels are all at healthy levels of abundance. Mackerels grow fast and produce many young, qualities that have enabled Atlantic, King, and Spanish populations to rebound from recent depletion. Most mackerel fishers use hook-and-line and net gears with little bycatch. Marine mammal catches remain a problem in the mid-water trawl fishery that catches Atlantic Mackerel. [King and Spanish Mackerels contain levels of mercury or PCBs that may pose a health risk to adults and children. Refer to <http://www.edf.org/seafood> for more details.]

Be sure to ask your fishmonger where the fish came from and how it was caught to determine if it's the ocean-friendly seafood you're looking for.

directions:

1. **Clean and cut the mackerel into fillets.** To cut the mackerel, make one small incision right behind the fin. Insert the knife and push it straight down to fillet. Come straight out down through the back and end up with a nice fillet. Fillet up the other side as well using the same technique, **just cut and make one small incision right below the head. Insert the knife and press straight down.**
2. **Trim the fins off and the belly.** There are **10 bones** and they run straight down the middle of the fillet. Use a **V-Cut technique** and make a small incision right down through the skin but not all the way through on either side of the bones and remove all of the bones. Cut about a **half inch** or so and once you get under them, just cut right under and then pull all the bones out.
3. To **brine the mackerel**, create a mixture using **3-4 cups of cold water, 2 tablespoons of salt and 1 tablespoon of sugar.** Add the mackerel fillets to the mixture and let them sit for **5-7 minutes.** Once they are done, pull them out and pat them dry with a paper towel.
4. To make **almond potatoes**, cut the red skinned potatoes in half and boil them in generously salted water. Simmer almonds in olive oil on **low heat** until they are golden brown. When the potatoes have finished cooking, place them in the almond oil on high and let them crisp up. Add a bit of parsley and some more almonds at the end.
5. To make the **gremolata**, slice a lemon into thin slices and sear it on both sides in a pan. Chop the lemon finely and put it in a bowl. Crush fresh garlic into a fine powder and add it to the lemons along with a bit of salt and olive oil.
6. **Season the mackerel** with a **little salt** and place it in a sauté pan on high heat. Add a **little almond oil** and a **little cooking oil** to the pan. **Cook the fillets for 3 minutes on each side.**
7. Plate the mackerel and potatoes, add the gremolata and serve.

serves four.