

# MISO-GLAZED MACKEREL

PICKLED TURNIP AND SEAWEED MAYONNAISE



*‘Yuzu is a citrus fruit very popular in Korean and Japanese cooking. The juice is readily available in the UK’*



Serves 2-4

## INGREDIENTS

### For the pickled turnips

375ml water  
125ml white wine vinegar  
1 bay leaf  
35g sea salt  
4 turnips, peeled, sliced with a mandolin and cut into rounds  
1 small beetroot, peeled and roughly diced

### For the seaweed mayo

2 egg yolks  
½ lemon, juiced  
150ml vegetable oil  
150ml rapeseed oil  
1-2 tbsp dried seaweed (Dulse)

### For the miso-glazed mackerel

50g miso paste  
60g runny honey  
1 tbsp soy sauce  
1 tbsp sesame oil  
2 tbsp hot water  
4 Mackerel fillets, pin boned and trimmed

### For the yuzu dressing

3 tbsp extra virgin olive oil  
2 tbsp yuzu juice  
Salt and pepper

1 avocado, peeled and cut into small cubes  
Micro mizuna, to garnish

**Appliance  
TIP**

*When using TempControl,  
select setting 2 for a crispy skin  
without drying the fish out*

## INSTRUCTIONS

1. For the pickled turnips, mix 125ml of the water with the bay leaf and salt in a saucepan and gently warm over a medium heat until the salt is fully dissolved. Turn the heat off, add the remaining water and vinegar and allow to cool down. Pour into a vacuum bag and add the turnips and beetroot. Vacuum seal on the second setting of the Miele Sous Vide Vacuum Drawer. Leave in the fridge overnight.
2. For the seaweed mayo, beat the egg yolks with a little lemon juice and start adding drops of oil, mixing continuously until the mixture starts to thicken. At this point, start adding the oil in a thin stream. Once all of the oil has been incorporated, add the remaining lemon, 1 tablespoon seaweed and check the seasoning, adding more salt, pepper or seaweed if needed.
3. Whisk the ingredients for the yuzu dressing together and add the diced avocado.
4. For the mackerel, combine all of the ingredients for the glaze together and whisk to emulsify. Preheat a frying pan on setting 2 of the TempControl zone of a Miele Induction Hob. Cook the fish skin side down for one minute, turn over and glaze and baste with the miso dressing. Turn over again and caramelize the skin, basting the other side.
5. To serve, place the seaweed mayo on the plate. Sit the mackerel, skin side up, on top and garnish with the pickled turnips, avocado and mizuna.