

**Grilled fillet of mackerel with saffron poached potatoes, fennel and samphire. With pomegranate and orange salsa**



**INGREDIENTS**

2 mackerel fillets  
50ml light soy sauce  
1tsp honey  
100g samphire  
1 bulb fennel  
50g pomegranate seeds  
2 oranges  
30g chives  
1tsp white wine vinegar  
1/2 shallot  
6 new potatoes  
Pinch of saffron  
Olive oil

**METHOD**

- Trim out pin bones from the fish – I simply slice out like a v shape rather than try to pull bones out as this will rip flesh. Marinade in honey soy mix for 30 minutes before washing in cold water and patting dry. Place onto olive oiled foil tray and drizzle with oil.

- Peel new potatoes and cut as desired, I have turned mine but as long as all same size anything goes! Place in small pan with water saffron and pinch of salt and cook until knife goes in easily but holding shape.
- Cut half the fennel into wedges and pan fry to colour edges, before putting splash of water into pan and turn heat down to cook through. With the other half cut as thinly as possible and dress with olive oil and few chopped chives. Fennel crisps can also be done by slicing thinly and dipping into a corn flour and icing sugar mix before drying in oven at 100c until crisp.
- Peel orange with a knife and then trim out the segments, cut half down into pieces and keep other segments for garnish later.
- Make salsa with finely chopped shallot, chopped chives, pomegranate seeds and orange segment pieces. Finish with vinegar and then olive oil to taste. But roughly 2tbsp.
- Cook samphire in unsalted boiling water before allowing to chill.
- All the above can be done in advance and simply reheated for plating.
- To finish grill mackerel until cooked through, meanwhile reheat samphire, fennel wedge and potatoes. Dress onto plate before placing fish on top and dressing with salsa. Finish with fennel salad and crisps if done.