



Mackerel and Orange "Escabeche"

Ingredients (serves 1)

125 g clean mackerel fillet
(or sardine, horse mackerel, anchovy...)

1 small carrot

1 spring onion

3 garlic cloves

6 tbsp white wine or apple vinegar

1 rosemary branch

1 thyme Branch

1 bay leaf

4-6 black peppercorns

1 orange*

1 lemon*

Water

Extra virgin olive oil

Method

1. Peel and cut the onion and carrots very thin. Peel the garlic and slice thinly. Add the zests of half a lemon and half an orange.

2. Juice the orange and set the juice aside.

3. To prepare the escabeche, assort the vegetables and aromatic herbs (rosemary, thyme, and bay leaf) in a microwaveable container with four tablespoons of olive oil, orange juice and pepper. Cover and cook at maximum power for two minutes.

4. Remove from the microwave container and add vinegar and two tablespoons of water. Stir and cook for one more minute. Season with pepper and set aside.

5. Separately cut the fish fillet into portions and submerge into the escabeche. Cook in the microwave for two minutes at maximum power.

6. Remove the container from the microwave and let it rest, covered, until lukewarm.

7. Let it sit for one whole day in the fridge so that the fish absorbs all the flavours of the escabeche.

*Wash the orange and lemon peel thoroughly before grating.