

## FLAME TORCHED MACKEREL

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Gary Parsons, *H&B Executive Chef*

## HARVEY & BROCKLESS

*the fine food c<sup>o</sup>*

Whatever we do, from sourcing amazing food  
to delivering it on time,  
we always stick to one simple rule...

*an absolute dedication to honest, authentic, remarkable food.*

# FLAME TORCHED MACKEREL

*Chef Gary Parsons*

## *Ingredients*

SERVES 10 PORTIONS

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<b>HS526 Shiro Miso Hoisin Dressing</b>	<b>150ml</b>
<b>HB006 Farrington's Rapeseed Oil</b>	<b>75ml</b>
<b>DA305 Black Venere Rice</b>	<b>50g</b>
Fish Mackerel Fillet	5
Pickled Cucumber and Dill	1
Dill	0.5
Edible Flowers	1 Punnet
Buckwheat Kasha	50g

## *Method*

1. Marinade mackerel in Shiro Miso Hoisin for 1 hour.
2. Heat a pan with oil in and once the oil is hot, place the mackerel flesh down in the pan for a minute. Lift out of the pan onto a tray and brush with Shiro Miso Hoisin dressing.
3. Cook black rice and buckwheat in boiling water. Once cooked, refresh under cold water. Tip out onto a kitchen towel to dry.
4. Place the pan on a high heat and drizzle oil in the pan. Add black rice and stir continually until it puffs and colours. Repeat with buckwheat then place onto blue roll. Cool and keep covered in an airtight container.
5. Blacken the skin of the mackerel with a blow torch, the skin should start to bubble and blister. Sprinkle the crispy black rice and buckwheat over the fish.
6. Arrange on a warm plate, with the pickled cucumber, dill and edible flowers. Add more of the dressing and a few dots of the mellow yellow rapeseed oil.



FLAME TORCHED MACKEREL  
*with pickled cucumber, dill, shiro miso hoisin glaze,  
black rice and kasha crunch*

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### *Black Venere Rice*

Black rice has a mild nutty flavour and an aroma of freshly baked bread. It is ideal for rice salads, in soups, as a base for white meat, but reaches its pinnacle with seafood. It works perfectly with Asian dishes too. No matter what you use this black rice for, it always looks stunning on the plate.

### *Shiro Miso Hoisin Dressing*

Harvey & Brockless' wonderfully mellow hoisin sauce created with white miso, ginger and tamari soy. It has a salty yet slightly sweet flavour, a much saltier, richer, less sweet take on barbecue sauce.

### *Farrington's Rapeseed Oil*

High in Omega 3 and Vitamin E, this rapeseed oil is crafted with care and contentious farming methods. The Northamptonshire farm is a part of LEAF (Linking Environment and Farming) and they embody sustainable and thoughtful farming methods, having increased soil organic matter by 66% in the last 15 years.

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