

PF MACKEREL

Autumn prix fixe menu 2024

PF Mains

Main plate

- 2 fillets Mackerel
10ml veg oil and 1 pinch salt
- 50g Salt baked beetroot DK - diced
- 5g Capers
- 10g Shallot confit
- 1 pinch Parsley chiffonade
- 10ml Fable mushroom glaze DK
- 5ml Cab sav vinegar
- 5ml Herb oil DK
- 80g Crushed potatoes DK
10ml Olive oil, 1 pinch Maldon salt & pepper
- 1 pinch Tarragon - chiffonade

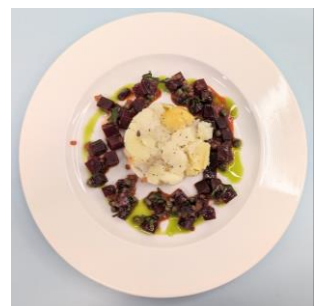
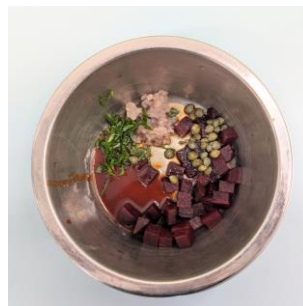


PREP JOBS

1. Trim ends off mackerel as per pic below
2. Dice and mix beetroot dressing
Beetroot, capers, shallot confit, parsley, fable mushroom glaze & cab sav vinegar

METHOD

1. Season mackerel and place in a cold frying pan with veg oil, put on a medium heat and cook until crispy, turn over and cook for 10-15 seconds to finish off
2. In a microwavable bowl crush the confit potato and mix with salt, pepper and olive oil then microwave for 90 seconds, finish with chiffonade tarragon
3. Place potatoes inside ring on the centre of the plate and gently press down
4. Spoon 80g beetroot dressing around the outside and drizzle with herb oil
5. Place cooked mackerel on top of the potatoes and serve



SAFETY STEPS

1. Use a blue chopping board and blue knife to prepare mackerel.