

## Fillets of tandoori spiced mackerel with stove top naan bread, pilau rice crackers, salsa & coriander yoghurt

Demonstration dish for Fish & Ships Festival, Whitby May 2019

### **Serves 2**

2 fillets of mackerel  
ready made naan bread  
dough or naan bread

### **For the tandoori marinade**

1 tsp ground coriander  
2 crushed garlic cloves  
1 tsp fresh grated  
ginger

1/2 tsp of each cumin,  
black pepper & gram  
masala

1/4 tsp chilli powder  
squeeze of lemon

1 tbsp olive oil  
few drops of red food  
colouring

### **For the salsa**

1/2 white onion finely  
diced

1 tomato finely diced  
1 Tbsp chopped  
coriander

### **For the yoghurt**

120g yoghurt  
2 tsp chopped coriander  
1 tsp lemon juice

### **For the rice crackers**

1 dried spring roll  
wrapper  
1 tsp pilau spice mix  
1 tsp sea salt flakes  
oil for frying

**To marinate the mackerel**, mix all the marinade ingredients together and brush onto the fillets of mackerel, leave for at least 30 mins

**To make the salsa**, mix all the ingredients together, season and set aside

**To make the yoghurt**, mix all the ingredients together and set aside

**To make the rice crackers**, snap the rice crackers into several long shards. Deep fry in hot oil until they puff up like a prawn cracker. Drain and season heavily with the pilau spice mix and the sea salt flakes.

**To cook the naan bread** (if using), roll the dough into tear drop shapes about 10 cm long and about 3-4mm thick. heat a non stick pan over a high heat. Place the naan in the hot pan and cook for approx 45 seconds on each side until slightly charred and blistered

**To cook the mackerel**. Once marinated place the fillets onto greaseproof paper and cook in a hot oven or under the grill until just cooked. 4-5 mins

**To plate the dish**, place the naan breads on a suitable serving plate, top with the mackerel fillets, salsa, yoghurt and finally the rice crackers. Place any remaining salsa, yoghurt and crackers around the plate.