



Recipes created for the Afternoon Show on BBC Radio Oxford 95.2FM

Grilled Mackerel and Gooseberry Sauce

Ingredients

1 mackerel, filleted, skin on, or two mackerel fillets
15ml/1 tbsp wholegrain mustard
15ml/1 tbsp oil
salt and freshly ground black pepper

Gooseberry Sauce

50g Golden Caster sugar
225g green gooseberries
2 tablespoons water or white wine
Pinch of salt
25g butter
1 teaspoon creamed horseradish

Cold Pressed Rapeseed oil for cooking



Method

Gooseberry Sauce.

Put the gooseberries into a pan (there's no need to top and tail them) with the water or wine. Bring to the boil, cover the pan and simmer gently until tender. Push the mixture through a sieve and return the purée to the pan. Add the salt, sugar and butter and simmer for 5 minutes, stirring. Add the horseradish mix and remove, set aside.

Mackerel - pre-heat the grill to high.

Brush the flesh side of the mackerel fillets with the wholegrain mustard, brush both sides with oil and season with salt and freshly ground black pepper.

Place the mackerel skin-side up on a baking sheet and place under the grill for 4-5 minutes, or until just cooked through. Set aside to keep warm.

Serve with a green salad and buttered new potatoes or serve with fresh crusty granary bread and butter.

Other information

Serves 2

Preparation time – 20 minutes

Cooking time – 15 minutes