

Mackerel and black pudding

Mackerel and black pudding is a deliciously salty and richly flavoured meal, served over crushed horseradish mashed potatoes. The mackerel is drizzled with a marinade which adds to the myriad flavours of this easy to prepare and nutritional meal.

Ingredients (serves 4)

400-500g smoked mackerel fillets

8 slices black pudding

4 handfuls fresh rocket

For the mackerel marinade:

1 clove garlic, finely chopped

1" ginger, freshly grated

Pinch chilli flakes

1 red onion, chopped

Zest and juice of 2 limes

1 small handful freshly chopped coriander

2 tbsp sesame seed oil

4 tbsp soy sauce

2 tsp runny honey

For the crushed horseradish potatoes:

1 kg new potatoes

4 spring onions, finely sliced

1 knob of butter

Salt and pepper to taste

For the horseradish sauce:

Juice of ½ lemon

150 ml creme fraiche

3cm freshly grated horseradish (or tsp horseradish sauce)

2 tbsp freshly chopped chives

Method:

For the horseradish potatoes: Bring a large pan of water to the boil and add the new potatoes. Half any large potatoes so they all cook through around the same time. Simmer for approximately 15 minutes, or until the potatoes are just cooked. Drain and crush lightly with the base of a potato masher. Be careful not to crush them too much. Dot the butter around the potatoes and scatter the spring onions into the potatoes and combine gently.

To make the horseradish dressing, simply combine the creme fraiche, horseradish, lemon juice and chives. Drizzle it over the crushed potatoes.

For the mackerel and black pudding: Melt the butter in a large frying pan. Fry the mackerel fillets and black pudding slices for approximately 5 minutes on each side. Meanwhile prepare your marinade.

To serve, place a portion of the crushed horseradish potatoes on the plate, divide the slices of black pudding between the plates, scatter a portion of rocket on top of the black pudding and finish by layering the mackerel fillets. Drizzle the marinade over the top of the mackerel fillets and prepare your taste buds for ecstasy.