

Menu

Mustard Mackerel with salsa and slaw

Rhubarb crumble

Grilled Mustard Mackerel with rhubarb, cool cucumber salsa with beetroot & celeriac 'slaw

Please note – all 'instructions' in this are because it was written as a magazine recipe!

Serves 2

2 whole mackerel, heads off and gutted

2 teaspoons of English mustard

4 sticks of rhubarb – choose the pinkest you can find, chopped into 2 cm pieces

Salsa

½ large cucumber

3 sprigs of fresh mint, leaves chopped finely

Splash of white vinegar

'Slaw

2 medium beetroot, (will later be peeled and grated)

1/2 celeriac, (will later be peeled and grated)

2 tbsp of Half fat crème fraiche

1 tbsp of horseradish crème

1 tbsp of lemon juice

Also need 2 squares of tin foil (the size of a magazine)

Some oil spray for the barbecue

Chop the rhubarb up into 2cm slices.

- Put the foil squares, one on top of the other to make a double thickness. In the centre put the rhubarb and add a splash of water (or wine). Fold the foil over to make a flat parcel, sealing it well around the edges.
- Rinse the mackerel inside and out under a running tap then pat dry with kitchen paper.
- Place each fish on a board and use a sharp knife to cut diagonal slashes 2 cm apart on the flesh on both sides on all fishes (don't cut so deeply it goes all the way through).

- Rub the mustard across the flesh making sure it goes down into the slashes
- When the barbecue is hot, place the mackerel on it and place the parcel of rhubarb on it flat onto the grill.
- The mackerel will take about 5 minutes on each side. Turn them carefully so that the flesh doesn't fall apart.
- After about 3 minutes take the rhubarb off the heat and check it has softened. Fold the foil open to make a little dish with the rhubarb in the middle, (or decant the rhubarb to a little dish).

To make the simple salsa

- Cut the cucumber in half lengthways and use a teaspoon to run along the centre of each half to get rid of the jelly seeds and discard.
- Chop the remaining cucumber into small squares. Put in bowl and add in the chopped up mint leaves and mix it together and add a splash of white vinegar.
- In a separate bowl put the grated celeriac and grated beetroot. Mix the crème fraiche, the horseradish cream and lemon juice together then add it to the bowl of celeriac and beetroot and mix well.
- After it has had its cooking time, take a peek at the inside flesh of the mackerel to check it has cooked. (Don't over cook the fish!) Then serve alongside the 'slaw, rhubarb and the cucumber salsa.

Rhubarb Crumble – Camping style

Okay so this is a bit of a cheat's version, but it still gives you the tongue tingling taste of the glorious rhubarb with a exciting zing of ginger. Use fresh rhubarb, it doesn't have to be the forced variety.

Serves 2

3 sticks of rhubarb (about 30cm long)

2 tbs of fresh ginger, grated

4 tsp brown sugar

4 x rectangles of aluminium foil (about A4 size)

2 pieces of baking parchment (A5 size)

6 ginger biscuits (get the big artisan farmshop type ones if possible).

2 tbs creme Fraiche or clotted cream

Freezer bag

Lay two pieces of aluminium foil on top of each other to make a double thickness rectangle. Repeat so you have one for each person.

- Turn the foil pieces so they are portrait, not vertical in front of you. Lay a piece of baking parchment in the middle of each rectangle.
- Cut each piece of rhubarb into 2cm pieces and divide them between the two foil/parchment rectangles. Pile the rhubarb up the centre, rather than out to the edges.
- Now sprinkle the fresh ginger evenly between the two. And then add two tsp of brown sugar to each one.
- Now make your parcels. Fold the foil as if you are folding a piece of A4 to fit in a long envelope. Bring the left side across the rhubarb mixture, then the right side over that. Folded the shorter edges over and over a few times to seal it. (
- Place your packages on the heated barbecue, hot plate or large dry frying pan or even over some glowing embers....
- Leave to heat, cook and soften for about 6-7 minutes. It may take longer or less time according to heat strength. The only way to be sure is to check by opening one of the parcels.
- Once the rhubarb has softened, remove the parcels and put each one on a plate.
- Open them up and fold the sides down to create a little rectangular foil dish. Crumble three ginger biscuits over the rhubarb in each parcel, then add a generous blob of thick crème fraîche or clotted cream on the top.