



## Learn how to cook Roast Mackerel fillet by Cristóbal Valido

### **INGREDIENTS**

Ingredients for making Roast Mackerel Fillet, with squid sauce, syrupy rice with leeks, lemon cane aromas and essence of watercress stew.

*300 gr mackerel*  
*3 Canary cherry tomatoes*  
*2 tender leeks*  
*Micro baby carrots: 1 orange one, 1 purple one and 1 yellow one*  
*2 potatoes*  
*15 gr of squid ink*  
*40 gr of Alboreo rice*  
*20 gr of pumpkin*  
*1 bunch of coriander*  
*200 gr watercress*  
*2 mini beetroot leaves*  
*80 gr virgin olive oil*  
*5 gr chile noodles*  
*25 gr yellow sweet potato*  
*35 gr white onion*  
*20 gr tomato*  
*1 garlic clove*  
*1 red pepper*  
*20 gr courgette*  
*1 lemon reed (citronela)*  
*80 ml de fumet*  
*12 gr cornflour*  
*7 gr powdered Agar Agar jelly*  
*7 gr de sucro or lecithin*  
*40 ml white wine*



## **COOKING METHOD**

### **Squid ink in a fish net**

To create the ink dish add squid ink to the fumet, and bring it to the boil for 2 minutes. Store until cool.

Once cooled, add the virgin olive oil and the cornflour, blending into a lightly textured liquid. Place a non-stick pan onto a hot heat and add in the mixture according to the desired diametre. Leave for a few minutes while the oil separates itself from the rest. Take off the heat and allow to cool.

### **Coriander emulsion**

Blanch the coriander in boiling water for 30 seconds. Cool straight after to interrupt its cooking process, add water and agar agar jelly, and mix in with a blender until a paste texture similar to mayonnaise is obtained. Store and cool.

### **Cream of watercress soup**

Place the watercress, sweet potato, courgette, onion, leek and pepper on the boil for 25 minutes. Take off the heat and blend it into a pulp and then sieve. Store to one side.

### **Lemon reed (Aire de caña de limón)**

Add 200 ml of drinking water to the lemon reed and chop up to get the maximum flavour out of it. Strain and add some sucro or lecithin. Store to aerate later.

### **Syrupy rice with leek**

Chop up and stir-fry the leek and add the rice together with pumpkin chunks. Add white wine and water (40 ml), and salt and pepper and leave to cool.

### **Canary tomatoes**

Poach the tomatoes in boiling water, let them cool and peel them without their flower breaking. Cut open at the top and empty all their seeds and pulp.

### **Cooking the micro carrots and potatoes**

Poach the carrot without the flower touching the water, so as not to lose it. Peel and store. Cook the potatoes with in a little salted water (as you would with papas arrugadas potatoes) and put to one side.

### **Browning the Mackerel**

Brown off the mackerel in a hot pan for 2 minutes on the skin side to keep its crunchiness, add salt and pepper and roast at 220° for 6 minutes. Put to one side.



### ***SETTING UP THE DISH***

Place the squid ink at the base of the dish, make two cylinders of rice and place them on top, as shown in the photo. Add the mackerel, followed by the carrots, the potatoes, then stuff the tomatoes with the cream of watercress, adding their lid with their flower and place on the plate.

Brown the coriander emulsion, aerate the lemon reed mix and add to the dish. Finally, decorate with the chile noodles, the stem of the grill-browned leek, the mini beetroot leaf and a pansy.