Marché Mackerel
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Recipe by Daisley Gordon

Ingredients

450 g mackerel fillet, skin on, bones removed

Citrus butter

340 g whole butter

1 orange, zest and juice

2 lemons, zest and juice

Small shallot, peeled, minced

5 mL Italian flat-leaf parsley, chopped

Freshly cracked black pepper

Sea salt

Oval gratin dish, metal or ceramic

½ lemon

Directions

Citrus Butter

1. Combine zest and a little butter in food processor. Continue until all butter is in, and then add strained juices. Use as needed for mackerel; freeze the remainder in small amounts for later use.

Mackerel

2. Rub surface of gratin dish with 1 teaspoon of citrus butter. Place mackerel fillet skin side down in center of gratin dish. Season fillet with sea salt, freshly cracked black pepper, shallots and Italian parsley. Top seasoned fish with a thin layer (about 3 mm) of softened citrus butter.

3. Place gratin dish under a broiler or in a very hot oven. Cooking time will depend on the thickness of the mackerel fillet. When the flesh in the thickest part of the mackerel is white/opaque, the cooking is complete.

4. Serve broiled mackerel with freshly cut lemon half.