

MACKEREL - CUCUMBER

A recipe from Peter Goossens

HOF VAN CLEVE
PETER GOOSSENS



Recipe for four

Cucumber and yoghurt parcels

Ingredients:

- 1 cucumber
- ½ clove garlic
- 1 tablespoon finely chopped coriander
- 2 tablespoons pale balsamic vinegar
- pepper
- salt

Method of preparation:

Peel the cucumber, cut into long flat strips and lay two of the strips across each other to form a cross. Chop the remainder of the cucumber, without the seeds, into a fine brunoise and mix with the yoghurt, finely chopped garlic, vinegar, add a little sugar if necessary, some mashed coriander seeds and flavour with finely chopped



coriander, pepper and salt.

Place a small spoonful of the cucumber mixture on the flat strips and fold the packet closed. Add a dash of olive oil and season with pepper and salt.

Mackerel dressing

Ingredients:

- 50 g salt
- 2 pieces mackerel (each approx. 300-400 g)
- coriander seed
- 1 lime

Method of preparation:

Remove any bones from the fillets and also remove the translucent membrane (or ask your fishmonger to do it for you). Mix salt, sugar, grated lime peel and finely crushed coriander seeds. Sprinkle the mixture on to the fish side of the mackerel and allow it to 'pickle' for 10 minutes. Rinse the fillets off after 10 minutes and dab dry. Now cut into the required shape, sprinkle with the soy dressing (see recipe below) and black pepper.

Mackerel dressing

Ingredients:

- 4 tablespoons olive oil
- 2 tablespoons lime juice
- 1 tablespoon soy sauce

Method of preparation:

Mix all of the ingredients together, refresh with some zest of lime.

Avocado cream

Ingredients:

- 1 avocado (type: Hass)
- 1 tablespoon olive oil
- 1 tablespoon lime juice
- 1 tablespoon finely chopped coriander

Method of preparation:

Peel the ripe avocado and remove the stone. Place everything in a food processor and mix until very fine, season with pepper, salt and lime juice to taste.



Vinaigrette

Ingredients:

- 100 g Pur Natur Greek style yogurt BIO
- ½ clove finely chopped garlic
- 1 tablespoon finely chopped mint
- 1 tablespoon finely chopped coriander
- 2 tablespoon water
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- pepper
- salt

Method of preparation:

Mix everything together.

Finish

Arrange the cucumber parcels on a cold plate with the marinated mackerel and avocado puree. Finish with some sliced raw shallot and a few dollops of BIO yoghurt, seasoned with pepper and salt. Serve ice-cold with a few spoonfuls of vinaigrette on top.

Enjoy.

Photography: Heikki Verdurme