



## MARINATED SPANISH MACKEREL

Makes 6 main course servings.

12 first course servings.

Spanish mackerel is only available in the summer, and I created this easy to make dish which I refrigerate for at least 2 days to allow for the flavors to blend.

### INGREDIENTS

- 6 Spanish mackerel fillets, about 5 ounces each
- 1 tablespoon extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper

### MARINADE

- 4 tablespoons extra-virgin olive oil
- 3 shallots, peeled, very thinly sliced (See Note)
- 3 leeks including some green part, very thinly sliced, rinsed
- 3 garlic clove, very thinly sliced
- 1 orange bell pepper, rinsed, cored, seeded, cut in half and very thinly sliced
- ½ cup tightly packed flat leaf parsley, coarsely chopped
- 2 tablespoons capers
- ¼ cup lime juice approx
- 2 tablespoons light balsamic vinegar, approx
- Kosher salt
- Freshly ground black pepper

## PREPARATION

1. Heat the olive oil in a medium saucepan. Add the shallots, leeks, garlic and pepper. Cover and sweat the vegetables, over low heat, until they are very soft, about 30 minutes, stirring from time to time. Cool. Add parsley, capers, lime juice and vinegar. Season well, the marinade should be piquant.
2. Preheat the broiler.
3. Rinse the fillets, pat dry with paper towels and cut on a diagonal into half.
4. Cover the whole broiling pan, which comes with most ovens, with heavy foil. Then I like to form a large shallow basket with a piece of heavy foil, crimping it at the corners so that the juices do not spill out. Set the basket on the broiling pan. Grease the foil with olive oil. Place the fillets in the basket, skin side up, and season lightly with salt and pepper on both sides.
5. Broil very close to the heat source for 5-6 minutes (without turning), or until the inside is opaque.
6. While the fish is still hot, remove, and discard the skin. Season again where the skin was.
7. Place the fish in a non-reactive dish and spoon the marinade over. Refrigerate for at least 2 days, but be sure to serve it at room temperature.

## NOTE

I like to slice all the vegetables on the mandolin.