

MACKEREL FILLETS WITH MARINATED VEGETABLES AND RED CABBAGE SAUCE



Chef: Giovanni Pace

Method

Julienne all the vegetables, keeping only the green part of the courgettes. Sauté the vegetables for a few minutes with a bay leaf. Separately, pour the wine, vinegar and sugar into a saucepan and bring to a boil. Leave to boil for a couple of minutes, then add the sautéed vegetables and bring back to a boil. Leave to cool. Separately, slice the mackerel fillet into three equal parts, flour it and fry it in boiling peanut oil until golden. Place the vinegar, wine and vegetable mixture in a small bowl and place the fried mackerel fillets on top. Leave to rest in the refrigerator for one night. To serve, spread some red cabbage sauce on a dish, then place a layer of vegetables and the mackerel fillets on top. Garnish to taste.

Menù Ingredients

15 g Olio extravergine di oliva - Extra Virgin Olive Oil - EKC
30 g Salsa di cavolo viola - Red Cabbage Sauce - XX0X

Ingredients

120 g Mackerel fillets, cleaned
1 Onion
50 g Celery
30 g Carrots
50 g Courgettes
75 g White wine
25 g Red vinegar
1 Tbsp sugar
100 g Peanut oil
50 g Flour
to taste Salt
bay leaves