

Mackerel poached in herb olive oil with citrus flavours

4 mackerel fillets
500mls olive oil
1 clove of garlic
bouquet garni of thyme, rosemary, parsley, sage
and bay leaf
1 lime, lemon and orange
black peppercorns
sea salt



1. Start by infusing the oil with the zest, black peppercorns, garlic and herbs on a low heat for 20 mins.
2. Then place the mackerel in the oil and poach on a low heat for 10 minutes.
3. Drain and season. Serve garnished with citrus segments and fresh herbs.