

Smoked Mackerel Scotch Egg

Lightly smoked mackerel parfait with hints of chilli and lime, encasing a slow poached duck egg, all bound in a crisp panko crumb.

Set atop a rich lightly spiced seafood bisque.

A twist on the great classic, the lightly smoked mackerel is perfectly balanced with the rich umami flavours of the duck egg, while the crisp panko adds crunch.

All held together with a warming seafood bisque.



Ingredients for Smoked Mackerel Parfait

- 4 lightly smoked Mackerel fillets skinned
- 50g cream cheese
- 5g flat leaf parsley, finely chopped
- Juice of ½ lime
- ½ a small red chilli de-seeded and finely chopped
- 50g double cream, whipped until thick
- 5g chive
- Salt and pepper

Method:

- Add 3 of the mackerel fillets to a food processor and blend until smooth.
- Finely chop the last mackerel fillet.
- Mix all ingredients together.
- Refrigerate for 1 hour.
- Hold until scotch egg making

Ingredients for the Scotch Egg

- 4 duck eggs (slow poached at 62°C for 70 minutes)
- 100g white plain flour
- 2 large eggs
- Salt
- Pepper
- Smoked mackerel parfait
- Panko crumbs

Method:

- Season flour with salt and pepper.
- Carefully wrap the parfait around the eggs in equal quantities & chill for 10 minutes.
- Dip chilled ball into egg mix.
- Then coat with bread crumbs.
- Deep fry at 180°C for 5 minutes.
- Drain for 1 minute.
- Reserve for plating.

Plating Smoked Mackerel Scotch Egg

- Pour sauce into a large brasserie bowl.
- Place scotch egg on top.
- Garnish with seasoned watercress.

Ingredients for Seafood Bisque

- 500g stock (or fish stock)
- 10g tomato purée
- 4g garlic
- 40g carrots
- ½ red chilli deseeded
- Juice of ½ lime
- 50g white wine
- 30g double cream
- 40g shallots
- 40g celery finely chopped
- 20g butter

Method:

- Cook shallots and celery with butter until soft.
- Add garlic and carrots and cook until soft.
- Add white wine and reduce by half.
- Add stock, bring to a rapid simmer and cook for 10 minutes.
- Add to a food processor and blend until smooth.
- Add cream and cook until thickened slightly.