



Indian Marinated Mackerel

NIBBLEDISH CONTRIBUTOR

Ingredients

- 2 heaped tsp coriander seeds - 1 heaped tsp cumin seeds - 1/2 tsp fennel seeds - 2 cloves - piece of cinnamon stick about an inch long - 1 tsp ground turmeric - 2-3 large red chillies - 3 large cloves garlic - 2 onions - 250ml low fat natural yoghurt - 500g (2-3) whole mackerel, cleaned & heads removed - some fresh coriander - 1/2 lemon

Instructions

This is a wonderful, fresh-tasting and healthy dish. Serve it with saffron rice or bombay potatoes. Mackerel, being quite a strongly flavoured fish, stands up well to the curry flavours. You can vary the chilli level according to taste. 1. Lightly toast the fennel, cumin & coriander in an oil-less pan until the aroma starts to rise from the pan - don't burn them. 2. Grind the spices in a mortar and pestle, along with the cinnamon and cloves. 3. Blitz the ground spices in a food processor along with the garlic, chillies, onions and turmeric, along with a good helping of salt and pepper. Add the yoghurt and continue to blitz to a smooth marinade. It will seem quite liquid-like, but will thicken during the cooking process. 4. Cut diagonal slits in the mackerel on both sides and season the fish well with salt and pepper. 5. Lay the mackerel in a shallow roasting pan, pour over the marinade and cover. Refrigerate for at least two hours. 6. Preheat the oven to its highest setting (usually about 230-240). 7. Roast the mackerel in the oven for about 20 minutes, turning halfway. The yoghurt will thicken and turn to a paste - when turning, scoop up paste from the pan and rub into the mackerel. 8. Serve with fresh coriander and a good squeeze of lemon over the fish.