

Recipes for the home

Tea-smoked mackerel with Tiptree Crab Apple Jelly



Tiptree

The preserve of good taste

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Tea-smoked mackerel with Tiptree Crab Apple Jelly

Ingredients:

For the mackerel:

100g/3½oz white rice
100g/3½oz demerara sugar
25g/1oz tea leaves of your choice
8 mackerel fillets
salt and freshly ground black pepper
oil, for greasing

For the crab apple jelly:

Tiptree Crab Apple Jelly 340g jar

Preparation Time:

Less than 30 mins

Cooking time:

1 hour

Serves:

Serves Four

Method:

- Chill the jelly in the fridge.
- For the smoking mixture, mix together the rice, demerara sugar and tea leaves in a bowl. Line a deep pan or wok with aluminium foil, place over a high heat and add the smoking mixture.
- Season the mackerel with salt and freshly ground black pepper. Grease a cooling rack with a little oil and place the mackerel on the rack, skin side down. When the mixture begins to smoke, place the rack on top of the pan or wok and cover with aluminium foil. Turn off the heat and let the mackerel cook slowly as it cools.
- When cooked, place the mackerel fillets onto serving plates and serve with the Tiptree Crab Apple Jelly.

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