

Suquet of horse mackerel

“ We need to respect our planet’s natural resources. It is our responsibility. ”

— Joan Roca

- Serving: 4 persons
- Preparation: 45 minutes
- Difficulty: easy
- Sustainability: Horse mackerel is fished at sustainable levels in large parts of Europe, including the Bay of Biscay and Portuguese waters, as well as more northern waters.
- Seasonality: Mackerels are richer in omega-3 during spring and summer.



The *suquet* is undoubtedly a marine preparation, which is usually made with potatoes. However, on this occasion, we have decided to opt for quick preparation, with few ingredients, which are precisely those that make the dish become a small gastronomic marvel.

- 8 fillets of mackerel without spines (4 mackerels)
- ½ head of garlic
- 2 grated tomatoes
- 1 tbsp of sweet paprika
- salt
- white pepper
- virgin olive oil
- 400 g of fish stock
- 3 cloves of garlic
- 60 ml of olive oil for aioli

- Put the clean mackerel fillets in a bowl with a 1-liter brine of cold water and 100g of salt.
- After 5 minutes take out the fillets and dry them.
- Put a jet of oil in an iron pan and sauté the half head with the peeled and laminated garlic.
- Add the grated tomato and a tablespoon of paprika.
- Mix a little and add the fish stock, let boil 5 minutes.
- Incorporate the mackerel and remove from the heat so that the residual heat finishes cooking the fish. In case the mackerels are very large, leave them 1 minute on very soft heat.
- Prepare an *aioli* mixing the 3 cloves of garlic with 60ml of olive oil, salt and white pepper.
- Add 1 tablespoon of aioli to the plate.
- Garnish with garlic flower or other flowers (*optional*)

Recommendation

To respect to the maximum both the taste and the nutrients of the mackerel, it is important that the cooking is very soft and time-adjusted. Also, soft cooking destroys less of these nutrients.