

INGREDIENTS:

8 fresh mackerel fillets
40g butter
Sea salt
Freshly-ground black pepper
1 tablespoon flour
1 bay leaf
2 teaspoons fennel seeds
500g gooseberries
3 tablespoons elderflower cordial
Finely-grated zest of half a lemon

TIME: 30 mins**SERVING:** 4 people

Make the sauce first. Place the gooseberries in a shallow pan with a little water and cook down over a gentle heat until the fruit starts to collapse, stirring to prevent burning. Add the elderflower cordial and lemon zest and continue simmering very gently for 15 minutes. Allow to cool slightly then transfer to a food processor, whizz for 15 seconds then use a wooden spoon to pass through a sieve. If the sauce still looks a little runny return to the pan and reduce further over a medium heat stirring constantly.

For the fish, season the mackerel generously and dust the skin side with a little flour. Heat the butter with the fennel seeds and the bay leaf in a frying pan then add the fillets skin side down and cook for six minutes, basting regularly with a spoon. Finally, flip over and cook the flesh side for a minute to crisp up and serve with the sauce.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: