

Grilled Mackerel with Cumin and Harissa



This aromatic way of cooking the fish with a cumin crust, packs in some bold flavours and seriously summery vibes. Serve it up with a green salad and cous-cous for a quick and tasty meal.

August is the one of the best months to fish for Mackerel, but if you don't fancy catching your own then visit a local fishmonger for the freshest fish available.

This dish is perfect for the BBQ, you could find a quiet spot ashore, far from the madding crowd.... (works well cooked under your galley grill too)

You will need:

- 4 Mackerel cleaned (Choose fish according to the size of the grill in your galley if using)
- 1 teaspoon of Belazu rose harissa (If you can't find this particular brand then any supermarket harissa will also work)
- 4 garlic cloves crushed
- 4 tbsp of ground cumin
- 2 tbsp chopped fresh coriander
- Salt
- Lemon wedges

Method.

One.

Make 2 diagonal cuts across each side of the fish.

Two.

Mix all the ingredients together in a bowl (except lemon wedges) and smear all over the mackerel. Set aside for about an hour, turning occasionally.

Three.

When you are ready to eat either get that BBQ sizzling or if you are using the grill in your galley, make sure you have it as hot as it can possibly be. Grill the fish for 5-7 minutes on each side.

Serve with lemon wedges on the side.

Serves Four.