Pickled king mackerel with beetroot

Recipe by V-ZUG Ltd.



Preparation	30 Mins
Resting time	3 Hrs
Cooking time	5 Mins
Portions	4

Preparation

200 g beetroot, raw

10 g horseradish, fresh

4 sprigs of dill

150 g sugar

250 g Sea salt, coarse

500 g king mackerel, skinned, boneless

Peel and coarsely grate the beetroot. Finely chop the dill.

Mix the salt, sugar and dill together. Rub the king mackerel all over with horseradish.

Sprinkle half the salt mixture on the bottom of the porcelain dish.

Spread half the beetroot over the salt mixture and lay the king mackerel on top. Spread the other half of the beetroot and the rest of the salt mixture on top of the fish.

Cover the porcelain dish with cling film and place in the refrigerator to steep for 3 hours.

Remove the salt mixture and beetroot from the king mackerel and then rinse and flake the fish.

250 g leaf lettuce, e.g. Mesclun

Arrange the king mackerel on the plates and garnish with the leaf lettuce.

Accessories

Porcelain dish ½ GN, depth 65 mm

Additional information

Created on	11.12.2019