

FOR 4 AS A LUNCHTIME DISH

Smoked mackerel, beetroot, egg, apple and dill miso mustard dressing

AT ROOM TEMPERATURE

The slightly bitter hints that smoking gives to a piece of fish and a generally sweetish cure is a perfect combination in my view. You can use any smoked fish for this, or even the teriyaki-style mackerel on pages 168–71. You can roast the beets in advance to save time, but wear gloves to prevent them staining your hands if you're using red or purple ones. There are many different styles of miso paste but generally the pale ones, such as shiromiso (white miso), will be sweeter, whereas darker ones, such as hatchomiso, will be more savoury. Taste the dressing to make sure it has a good combination of sweet and savoury.

INGREDIENTS

2 medium beetroot (beets; any colour)
1 tbsp extra virgin olive oil
2 tbsp lemon juice
1 small Chioggia beet (striped beet), for garnish
400g (14oz./about 4 fillets) smoked mackerel fillet
1 apple (choose one that's crisp, sweet and juicy)
1 handful baby salad leaves (I used mâche/corn salad)
4 eggs, soft boiled and peeled

FOR THE DILL MUSTARD DRESSING

2 tbsp lemon juice
½ tsp pale miso paste
1 tsp grain mustard
½ tsp English mustard
½ tsp caster (superfine) sugar
2 tsp chopped fresh dill
2 tbsp extra virgin olive oil

METHOD

Preheat the oven to 180°C (350°F/Gas mark 4).

Wash any dirt off the two medium beetroot (beets), then wrap them up together tightly in foil. Place in a roasting dish and bake in the middle of the oven until you can insert a thin sharp knife or skewer through the foil into the centre of the beetroot (beets). This will take anywhere from 45 to 90 minutes depending on their size. Remove from the oven and leave until cool enough to handle. Still wearing gloves, unwrap from the foil and then use your fingers, and a small knife

if needed, to rub and peel the skins from them.

Thickly slice the roast beetroot (beets) while still warm and toss with the olive oil, 2 tablespoons of the lemon juice and salt and pepper, then leave to cool.

Peel the Chioggia beet and slice as thin as possible into rings – a mandolin is ideal for this – and put in iced water to crisp it up.

Make the dressing. Mix the lemon juice into the miso paste to form a slurry. Mix in both mustards and sugar. Finally stir in the dill and the olive oil.

Remove the skin, bones and blood line from the mackerel, then break into chunks. To serve, scatter the salad leaves on four plates. Lay the roast beetroot (beet) slices on top, then the mackerel and Chioggia beets. Cut the eggs in half and julienne the apple, discarding the core, and sit these on top. Spoon over the dressing