

BBQed mackerel with charred hispi
cabbage, garlic sesame sauce,
crispy dukkah and lemon verbena



PUNK CHEF
ON THE ROAD



Ingredients

BBQed mackerel

- 2 whole mackerel
- 2 tbsp rapeseed oil
- Pinch of Maldon salt
- Pinch of black pepper

Charred hispi cabbage

- 1 large hispi sweetheart cabbage
- 2 tbsp rapeseed oil
- Pinch of Maldon salt
- Pinch of ground pepper

Garlic sesame sauce

40g tahini paste

2 garlic cloves, minced

2 tbsp fresh lemon juice

50g natural yogurt

Maldon salt

Black pepper

Crispy dukkah

50g sesame seeds

50g sunflower seeds

50g pine nuts

2 tbsp coriander seeds

1 tbsp cumin seeds

1 tbsp black pepper

Garnish

Sprigs of lemon verbana

Watercress

Method

- Remove the outer leaves of the hispi cabbage. Cut them into quarters but keep the core intact so the leaves stay together.
- Marinate the cabbage with olive oil and massage it into the leaves. Sprinkle salt and pepper over the leaves; put them on a hot griddle pan and cook on each side for 6-8 minutes until they're blackened and charred with a nice dark brown crust.
- Butterfly a whole mackerel. Rub it with oil, salt and pepper, then fry skin side down for 3-4 minutes until the skin is crispy. Turn and cook for 1-2 minutes, then take off the heat.

- In a small bowl, combine the tahini, garlic, lemon juice and natural yoghurt, whisking until the sauce is like thick cream or runny yoghurt. Season to taste with salt and pepper.
- Toast all ingredients in a pan, then put into a pestle and mortar and grind roughly.
- Put a large spoonful of garlic sesame sauce onto the plate. Add the hispi cabbage and mackerel. Finish off with more sauce and a sprinkle of dukkah, then top with some nice lemon verbena.