



I've mentioned [one cheap supermarket find](#) recently so I may as well mention another; Lidl do cheap fresh fish deals regularly. I got some sea bass filets there a few weeks ago, fried them in some butter, then fried some sliced garlic in a good lump of butter and squeezed in some fresh lemon for a sauce to pour over. It was the best fish dish I've ever cooked but I didn't post it on twimii because the recipe isn't mine. I used [this recipe](#)

the only difference being I sliced rather than crushed the garlic. But back to the mackerel... I was looking for the sea bass again but they'd switched their deal to mackerel fillets and I remembered how mackerel would make a good substitute for the herrings in Jocasta Innes' Braised Herrings with Potatoes and Apple (which I still have to make). So I got them thinking I'd the rest of the ingredients back home. I didn't. Then I was in a different house when making it, had forgotten the recipe book, and here is the happy result.

*You know, if I wasn't so feather headed I wouldn't have any fish recipes I could call my own.*

I also used a Cajun spice mix in this. Unfortunately I've used up the jar and don't have it to hand so I don't remember the brand but I think it's got paprika, chili powder, dried garlic, coriander, cumin and salt. The spice jar has a pink top and you'll find it in Dunnes (I feel like a supermarket promoter at this stage). I think it comes in mild, medium or hot flavour. I had the mild one.

### **The way I make Mackerel Fillets Baked in Cider is**



*The turnip takes a long time to bake so next time I'll grate rather than slice it.*

## Ingredients

### Serves 2

- 300g Mackerel fillets, boned and prepared ( *You may find some bones still in the fillets, you might want to tweezer them out* )
- 250ml cider ( *Go for one that isn't too sweet or too dry* )
- butter
- hot English mustard
- 2 medium-sized onions, sliced thinly
- 2 large, firm apples, peeled, cored and thinly sliced
- 1/2 (or 1/3 if large) turnip, peeled and grated (or sliced very thinly)
- 1 large courgette, sliced thinly
- 1 tsp cajun spice mix
- 1/4 tsp ground cayenne pepper
- 1/4 tsp ground coriander
- freshly ground salt and pepper

## Instructions

1. Butter (generously) a deep oven-dish. Preheat the oven to 180°C / 350°F / Gas Mark 4.
2. Place the fillets skin-side down on a plate and spread some mustard over them. Then take a small handful of your chopped apple and onion and chop them up smaller. Put this over the mustard and then roll up the fillets, skin side out. *Believe it or not they stay rolled up with out you having to use anything to keep them that way.*
3. Sprinkle the spices over the rest of the veg (and apple) and mix around. Then layer half the veg (and apple) in the oven dish. Sprinkle over some salt and pepper. Place the rolled up fillets on this. Layer the rest of the veg (and apple) over this. Again sprinkle a little salt and pepper. Pour over the cider. Generously dot the top with butter.
4. Cover with foil and bake for 30 minutes. Then remove the foil, turn up the oven to 200°C / 400°F / Gas Mark 6 and bake for another 30 minutes.

*Enjoy!*