

GRILLED MACKEREL WITH INDONESIAN SOY SAUCE



USED BRESC PRODUCTS



Bresc Chopped shallot
1000g



Bresc Garlic puree 1000g



Bresc Green & red chilli
WOK 450g



Bresc Madras 450g



Ginger puree 450g

INGREDIENTS

10

- 20 mackerel fillets
- 375 g white rice
- 125 g deep-fried onions
- 25 g sambal badjak (spicy Indonesian condiment)

For the sweet-and-sour cucumber:

- 5 cucumbers
- 5 stalks spring onion
- 8 dl table vinegar
- 1 dl water
- 250 g sugar
- 50 g Bresc Madras
- salt and pepper to taste

For the Indonesian soy sauce lacquer:

- 500 g Bresc Shallot chopped
- 25 g Bresc Garlic puree
- oil for gentle frying
- 25 g Bresc WOKchilli
- 40 g Bresc Ginger puree
- 6 dl Indonesian sauce, medja flavour
- 1 dl ginger syrup

PREPARATION METHOD

For the sweet-and-sour pickle, clean the cucumber and spring onion. Cut them into strips.

Bring the water, vinegar and sugar to the boil. Add the Madras, season and cool. Pour the mixture onto the cucumber. Chop half the coriander and mix it and the spring onion into the pickle. Allow the flavours to develop.

For the lacquer, gently fry the onion, garlic, ginger and WOKchilli, then add the soy sauce and ginger syrup. Reduce to the required thickness.

Steam the rice until it is cooked through and keep it warm.

Marinate the fish fillets and light the barbecue. Grill the mackerel fillets well on the skin side, then turn them over. Brush them with lacquer every now and then. Serve the mackerel on the rice with the cucumber, sambal and deep-fried onions.