MACKEREL FISH MARINATED WITH CITRUS FRUITS AND CARAMELIZED ONIONS



INGREDIENTS FOR 4 PERSONS

- 4 mackerel fish fillets
- 160g Caramelised Red Onions
- q.s. Extra-Virgin Olive Oil
- 200g Acetoplus Citrus Fruits
- q.s. Juniper Berries, Whole
- q.s. Himalayan Salt Pure
- q.s. pine nuts
- q.s. orange zest

METHOD

- Blend the salt with the juniper berries, cover the fillets with the seasoning and let them rest for two hours.
- Rinse and marinate the fillets with the citrus dressing for another three hours.
- Drain the fillets, cut into slices and season them with a drizzle of oil.
- Serve with the caramelized onion, orange zest and pine nuts.

PRODUCTS IN THIS RECIPE



Caramelised Red Onions



Extra-Virgin Olive Oil



Acetoplus Citrus Fruits



Juniper Berries, Whole



Himalayan Salt Pure