

## ◀ WHOLE MACKEREL OVER COALS WITH GARLIC & GARDEN LEAVES

For me, cooking these little fish over coals to blacken the skin is the perfect way to eat them. I have spent many hours mackerel fishing off the coast of Cornwall – they will always have a place at my table.

### SERVES 6

- ★ 6 tbsp good olive oil
- ★ zest of 1 lemon
- ★ 3 garlic cloves, crushed
- ★ 1½ tsp hot chilli flakes
- ★ 2 tbsp chopped flat-leaf parsley
- ★ 1kg mackerel, cleaned and heads removed
- ★ Cornish sea salt and freshly ground black pepper
- ★ green salad and lemon wedges, to serve

★ In a large bowl, combine 4 tablespoons of the olive oil with the lemon zest, garlic, 1 teaspoon of the chilli flakes, 1 tablespoon of the parsley and some salt and pepper. Add the mackerel, toss to cover and leave to marinate for 30 minutes.

★ Meanwhile, fire up the barbecue. Cook the marinated mackerel directly on the bars of the barbecue for 4-5 minutes until caramelised and charred (or use a griddle pan – just make sure it is really hot, as this will help prevent the mackerel from sticking).

★ Place on a warm serving plate and drizzle with the remaining 2 tablespoons of olive oil, and sprinkle with the remaining ½ teaspoon of chilli flakes and 1 tablespoon of parsley. Accompany with a green salad and some lemon wedges.

**COOK'S NOTE** Sardines also work wonderfully over coals. If you don't have a barbecue, bake the fish in a hot oven. For even quicker cooking, ask your fishmonger to butterfly fillet the fish.



## BUTTERFLIED LEG OF LAMB ROASTED OVER COALS WITH LEMON, GARLIC & THYME

This is a wonderful way to cook lamb. Splitting the joint effectively into a butterfly shape allows it to cook more quickly and evenly. This zesty marinade for the lamb works best if left overnight.

### SERVES 6

- ★ 2kg-2.5kg leg of lamb (weight before butterflying – ask your butcher to butterfly the lamb for you)
- ★ Cornish sea salt and freshly ground black pepper
- ★ green salad and lemon wedges, to serve

### FOR THE MARINADE

- ★ zest and juice of 3 lemons
- ★ 1 tbsp Dijon mustard
- ★ 4 garlic cloves, crushed
- ★ 3 tbsp runny honey
- ★ 2-3 tbsp good olive oil
- ★ 2 small bunches of thyme, leaves removed from stalks

★ Mix the marinade ingredients in a large bowl. Add the butterflied lamb to the bowl and rub the marinade all over the meat. Refrigerate for at least 3 hours, or even better overnight.

★ Bring the lamb back to room temperature before cooking. Remove from the marinade and season with sea salt and freshly ground black pepper.

★ Fire up the barbecue. When hot enough, cook the lamb over the hot coals for 45 minutes, turning it from time to time (or see Cook's Note for oven roasting).

★ Transfer the lamb to a board and allow it to rest for 15 minutes before slicing and serving with dollops of tzatziki (see right), lemon wedges and a green salad.

**COOK'S NOTE** To cook the lamb in the oven, preheat it to 220C/200C fan/gas 7. Put the lamb in a roasting pan and roast for 15 minutes per 450g, then give it an extra 15 minutes. Baste with the pan juices every 15 minutes.



## TZATZIKI

This will bring some sunshine to your Sunday lunch whatever the weather. There is something so delicious about cucumber, yogurt, crème fraîche, garlic, green herbs and citrus. This goes perfectly with the butterflied lamb (left).

### SERVES 6

- ★ 1 small cucumber
- ★ 2 garlic cloves, crushed
- ★ 2 tbsp good olive oil, plus extra for drizzling
- ★ 250g Greek yogurt
- ★ 250g crème fraîche
- ★ 1 small bunch of dill, finely chopped
- ★ 1 small bunch of garden mint, finely chopped
- ★ 1 lemon, halved, for squeezing

★ Cornish sea salt and freshly ground black pepper

★ Skin and deseed the cucumber and grate it. Place the grated cucumber in a fine mesh sieve set over a bowl, lightly salt it and leave for 1 hour to drain, stirring occasionally to help sieve out the liquid.

★ In a small bowl, combine the garlic, olive oil, yogurt and crème fraîche, and fold together. Pat the cucumber dry in a dish towel, then mix it in with the other ingredients. Add most of the dill and mint, a squeeze of lemon juice and some salt and pepper, then taste and adjust. To serve, drizzle with extra olive oil and scatter over more herbs.

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being made



## CORNISH CRAB CAKES

Cornwall would not be Cornwall without crab. Perfect rounds of delicious crab, gently pan-fried until golden brown, these fish cakes are slightly lighter as they are potato-less. Accompany with a green salad and some citrus mayonnaise.

**SERVES 4**

- ★ 500g mixed white crab meat, picked
- ★ zest and juice of 1 lemon
- ★ 4 spring onions, very thinly sliced
- ★ 1 tbsp chopped chives
- ★ 2 tbsp crème fraîche
- ★ 4 tbsp plain flour, plus extra for dusting
- ★ 2 medium free-range eggs,

lightly beaten

- ★ 100g fresh white breadcrumbs
- ★ 25g unsalted butter
- ★ 4 tbsp sunflower oil
- ★ Cornish sea salt and freshly ground black pepper
- ★ citrus mayonnaise, green salad and lemon wedges, to serve

- ★ Put the crab meat in a mixing bowl along with the lemon zest and juice, spring onions, chives, and some salt and pepper. Mix together, adding the crème fraîche to help bind the mixture.
- ★ Dust your hands with flour and divide the mixture into 8 round shapes, each about

2cm thick. Place on a plate and chill in the refrigerator for 1 hour.

- ★ Put the flour on a plate and season well, pour the beaten eggs into a shallow dish, then scatter the breadcrumbs on a separate plate. Take a chilled crab cake and roll it in the flour, coating it on all sides, then dip it into the egg and finally the breadcrumbs. Set aside and repeat with the rest of the crab cakes.

- ★ Heat the butter and oil in a large frying pan over a medium heat. To test if the oil is hot enough, drop a breadcrumb or two into it; if it immediately turns golden brown, the oil is ready (do not leave unattended). Add the

crab cakes to the pan (in batches) and fry on one side for 3-4 minutes until crisp and golden brown underneath. Turn them over and cook for another 2-3 minutes until golden brown. Remove with a slotted spoon to a plate lined with paper towels and keep warm while you cook the rest.

- ★ Serve with a green salad and dollops of citrus mayonnaise, sprinkled with a little sea salt and with lemon wedges on the side.

**COOK'S NOTE** Make your crab cakes bitesize for a drinks party (yes, an old-fashioned drinks party) and top with mayonnaise and a small sprig of watercress.

## PRESERVED SUMMER TOMATOES IN GOOD OLIVE OIL

On toast with basil oil, tomatoes are simply the best. This is a lovely way to allow you to enjoy them in recipes in the colder months.

**MAKES 1 x 1.5 LITRE JAR**

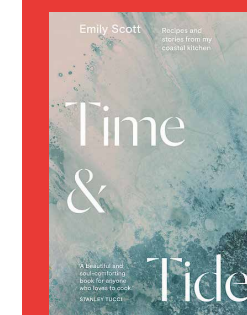
- ★ 500g cherry tomatoes
- ★ 3 tsp caster sugar
- ★ 1 tsp chilli flakes
- ★ a pinch of Cornish sea salt
- ★ 4 black peppercorns
- ★ 1 bunch of thyme
- ★ 6 garlic cloves, peeled
- ★ 300ml good olive oil

- ★ Preheat the oven to 140C/120C fan/gas 1.
- ★ Cut all the tomatoes in half

and put them in a roasting pan. Sprinkle over the sugar, chilli flakes and salt. Add the peppercorns, tuck the thyme sprigs and garlic cloves in among the tomatoes and pour over the olive oil. Roast in the oven for 2½ hours.

- ★ Spoon into sterilised jars. They will keep for up to a year stored in a cool larder or pantry. Once opened, they will keep for up to a week in the refrigerator.

**COOK'S NOTE** Another way to preserve tomatoes is to slowly roast them without olive oil to dry them out so they become chewy, sweet and delicious, similar to a sunblush tomato, but your own.



## NOW BUY THE BOOK

Our recipes are taken from *Time & Tide* by Emily Scott, with photographs by Kristin Perers, which is published by Hardie Grant, £28. To order a copy for £xx with free UK delivery until 16 July, go to [mailshop.co.uk/books](http://mailshop.co.uk/books) or call 020 3176 2937.



## BLACKBERRY & PEACH CRISP

I love fruit crumbles and pies and there is nothing better than making a sweet treat for the people you love. This recipe is so simple and versatile. I use it to top fruit throughout the seasons. It is lighter than a traditional crumble topping, and delicious served with custard or crème fraîche.

**SERVES 4**

### FOR THE AMARETTI CRUMBLE TOPPING

- ★ 160g amaretti biscuits
- ★ 80g flaked almonds
- ★ 75g unsalted butter, at room temperature
- ★ 50g plain flour
- ★ 50g caster sugar

### FOR THE BRAMBLE AND PEACH FILLING

- ★ 350g blackberries
- ★ 6 peaches, skinned and stoned, sliced (if using frozen peaches, thaw and drain first)
- ★ 100g caster sugar
- ★ 3 tbsp cornflour slaked with 2 tbsp water
- ★ zest and juice of ½ lemon

- ★ Preheat the oven to 200C/180C fan/gas 6. For the crumble topping, blitz the amaretti biscuits with the flaked almonds in a food processor to a rubble.
- ★ In a mixing bowl, rub the butter and flour together to resemble breadcrumbs, then add the sugar along with the almond rubble and mix together.
- ★ Spread the mixture out over a baking sheet and bake in the oven for 10-15 minutes until golden. Allow to cool.
- ★ For the filling, put the blackberries, peaches, sugar, cornflour mixture and lemon zest and juice in a heavy-based saucepan and slowly bring to a simmer, stirring all the time to allow the sugar to dissolve. Cook until the fruit is tender.
- ★ Transfer to an oven-to-table baking dish and sprinkle over the amaretti crumble topping. Finish off in the oven for 5-6 minutes and serve with custard or crème fraîche.