

## Mackerel with marinated vegetables and marbled polenta

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The marinated mackerel combined with marbled polenta is a tasty dish characterized by a particular preparation, in fact the "marinating" which is fish, meat or vegetables, consists of a vinegar-based marinade, this preparation is widespread in Italy.



2h + 8h rest



4 persone

### Ingredients

2 pz Mackerel  
600 gr White cornmeal  
2 gr Cuttlefish ink  
160 gr Red onion  
160 gr Carrot  
160 gr Yellow peppers  
160 gr Courgettes  
200 ml White wine vinegar  
t.t. salt

## Procedure

In a large saucepan, boil 1 litre of salted water, once it has boiled, remove from the heat and mix the white polenta flour to rain. Once the desired consistency is reached, add the cuttlefish ink giving a maximum of two turns using the spoon, pour into the moulds or into a baking dish and bake following the instructions in the chart. Once cooked blast chill.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	110°	1h	/	100%	V3	ON

To prepare the marinating, cut the vegetables into julienne strips. Pour a little oil in a pan, when it is hot put the vegetables to sauté with a pinch of salt. When the vegetables are lightly browned but still crunchy, pour in the vinegar and let it evaporate over low heat, then leave to cool at room temperature. Thoroughly clean the mackerel obtaining 4 fillets that we are going to cook on a baking sheet with parchment paper. Place the fillets in a casserole dish, place the vegetable marinade on top, cover with plastic wrap and leave to rest in a cool place (not in the fridge) for at least 8 hours before serving.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	190°	15'	/	OFF	V5	ON

## Plating

Plate the dish by placing a portion of marbled polenta previously passed back into the hot oven on the bottom, put the mackerel fillet on top with a little marinade. Garnish with fresh parsley and a few drops of basil oil.

## Chef's tips

If you want a tastier marinating, simply add the desired spices (peppercorns, bay leaves, mint ...) when cooking vegetables.

It is better to prepare this dish the day before serving, to give time to the flavours to blend well.