



Grilled Lemon & Cumin Mackerel with Summer White Bean Salad

Chef Duncan Boyd

Grilled mackerel is such a summertime dish. And it's a widely abundant and available species. This month's recipe comes to us from former One Fish Foundation board member Chef Duncan Boyd, who has run several fine-dining restaurants along the Atlantic Coast, and now provides consulting services for restaurant operations.

Ingredients

- 4 skin-on mackerel fillets (4-5 oz. each)
- 2 15 ounce cans white cannellini beans, rinsed and drained.
- 1 large fennel bulb
- 1 medium red onion
- 1 cup cherry tomatoes, halved
- 1/2 cup pitted dry cured black olives, halved
- 8-10 fresh basil leaves (torn at last moment)
- 1/2 teaspoon red pepper flakes (or to taste)
- juice of 2 lemons
- 3/4 cup extra virgin olive oil (EVOO)
- 1 tablespoon ground cumin seed
- 1 bunch fresh arugula leaves (washed)

Directions

The fish:

1. Combine 1/4 cup EVOO, 1/2 of lemon juice and cumin.
2. Mix well and brush over the flesh side of the fillets, season with salt and refrigerate.



The salad:

3. Slice the fennel and red onion thinly as possible and toss well with remaining lemon juice and red pepper flakes
4. Let sit for 10 minutes
5. Add beans, olives, cherry tomatoes, remaining EVOO, season with salt and pepper
6. Toss well and set aside at ROOM TEMP

To serve:

7. Place fillets skin side down on a medium hot grill and cook 3-5 minutes
8. Flip fillets cook 1-2 minutes to taste
9. Divide arugula leaves on to 4 plates
10. Tear basil leaves into salad, toss well and place a big scoop onto greens
11. Top with fillets