

ON the water my early days in Cornwall days spent bobbing out to sea from Port Isaac off Lober point in PW393. Casting off our hand lines from the stern and waiting patiently for the fish to bite. The sheer excitement of when they did is a wonderful feeling, pulling the line in to find not one, not two but three glistening beautiful mackerel. If you were really lucky you might find a pollack or a bass has found its way onto your line. You shake them off the lines into the buckets, sometimes we would head home triumphantly with our haul and other times empty buckets and no fish supper. I have happy memories of Port Isaac and the way of life, my children's home and days spent messing around in boats. There is nothing more delicious than mackerel straight off the boats, bbq on the beach as the sun sets over Port Isaac.

Port Isaac mackerel with a raw salad of courgettes, chilli, nasturtium flowers and rocket

Serves four

INGREDIENTS

Oil, for drizzling
Sea salt Black pepper
1 red chilli deseeded, finely chopped
1 courgette cut into ribbons
Rocket leaves
Nasturtium flowers
4 whole mackerel, gutted, cleaned and scaled
2 lemons zest and juice of one, and slices of the other a few sprigs of rosemary

METHOD

In a bowl place the ribbons of courgette into a bowl, add chopped chilli, lemon zest and sea salt, set aside.

Season the cavity of each fish and fill them with rosemary and lemon slices. Rub the skin with a little oil and salt, and grill for about six minutes on each side, turning them occasionally, until the skin is crisp and charred and the flesh is opaque.

Add the rocket leaves to the courgette, chilli and lemon zest, drizzle with olive oil and a squeeze or two of lemon juice. Gently tear nasturtiums through the salad and toss.

Place whole mackerel on a plate with the courgette salad.

(This recipe can be cooked outside on the barbecue or baked in the oven)