

TARTARE OF MACKEREL WITH QUAIL EGG, CUCUMBER AND BEETROOT DRESSING, SERVED WITH CURLY MELBA TOAST

WHAT YOU'LL NEED

- 1 Fresh mackerel
- ½ Finely chopped shallots
- 1tsp Finely chopped chives
- 2tsp Light soya sauce
- 1tsp Rice vinegar
- Sliced cucumber to fit to mould
- 1tsp Olive oil
- 2 Cooked beetroots, blitzed to make a puree.
- Creme fraiche

WHAT TO DO

1. Fillet the mackerel and take off the skin.
2. Cut flesh off either side of the bone.
3. Finely chop mackerel on a frozen chopping bowl.
4. Put in a bowl of ice.
5. Add chopped shallots, chives, soya sauce and vinegar.
6. Add salt and pepper to taste.
7. Serve in a cucumber mould.
8. Add the beetroot on top with a spoon of crème fraiche.
9. Eat fresh with a crispy melba toast.



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