

Tim Maddams'

Smoked Mackerel and Cavolo Nero Gratin

(serves 1 - 2)

Ingredients

- 3 fillets of smoked mackerel
- 1 carrot
- a good bunch of cavolo nero (or standard kale if you cannot get that)
- 2 cloves of garlic
- 1 small onion
- 1 dessert spoon of flour
- half a pint of milk
- a good splash of double cream
- 50g butter or olive oil
- small bunch of parsley, 2 or 3 sage leaves and a pinch of rosemary leaves
- 50g breadcrumbs
- 50g grated hard cheese

1. Pre-heat the oven as hot as it will go
2. Blend the breadcrumb with the parsley, sage and rosemary. Set aside
3. Finely dice your carrot and begin sweating it with the butter, a little pepper and the chopped garlic. Finely dice the onion and add this as well.
4. Meanwhile, wash your kale and strip out the harder stems. Finely chop the stems and add these to the carrot pan. Roughly chop the kale leaves a few times.
5. Once the carrots and onions have softened a little add the flour and begin to slowly add the milk – making a light bechamel style sauce around the vegetables.
6. Add the kale leaves and season well. Skin the mackerel fillets (If you want to) and place one in a small baking dish, add a layer of the vegetable sauce and repeat until you have used up everything.
7. Sprinkle the breadcrumbs and cheese over the top and bake in the hottest oven you can manage for around 15 mins.
8. Enjoy!

About Tim Maddams - Tim is a chef, writer, cookery teacher and presenter living in Moray, Scotland. Tim led the team at River Cottage Axminster, where he regularly appeared alongside Hugh Fearnley-Whittingstall on both the River Cottage series on Channel 4 and the Fish Fight campaign. You will occasionally see Tim on various foodie shows, such as Channel 4's Sunday Brunch and BBC Food and Drink.

Tim's website is www.timmaddams.com.