



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Concluding Blog 2021

A tasty lunch

This salad style lunch is perfect with some good bread on the side. We should all be eating more oily fish so this is a perfect way to include it in your day. I use some of the fennel fronds in the salad too, if your fennel bulb is already trimmed you could use fresh dill, or just leave it out.

This salad is also good with some plain couscous or bulgur wheat.



Serves 2 generously

Mackerel, fennel, beetroot and apple salad

1 packet peppered smoked mackerel fillets (approx 225g)

3-4 cooked beetroot (pre-cooked at home or vac pack)

2 apples

1 bulb of fennel

½ a lemon

1 tbsp horseradish sauce

2 tbsp greek or natural yogurt

Black pepper

You will need a chopping board and a knife, a large bowl and a small bowl.

Method

1. Using your sharpest knife, trim the fennel bulb (reserving the fronds) and then slice as thinly as you can. If you have a mandoline you can use it instead (with the finger guard!)

2. Core the apple then slice, no need to peel. Slice the beetroots too.
3. Put the fennel, beetroot and apple in a serving bowl. Peel away the skin of the mackerel and gently flake it into the bowl, removing any small bones you find.
4. Squeeze the lemon half into the small bowl, add the yogurt and horseradish and mix together. Pour half the dressing over the salad and gently mix. Drizzle the rest over the top.
5. Finely chop 3-4 tbsp of fennel fronds and scatter over the top too.