

MACKEREL CEVICHE WITH POMEGRANATE



USED BRESC PRODUCTS



Bresc Coriander puree
450g



Bresc Green & red chilli
WOK 450g



Bresc Lemongrass puree
450g



Ginger puree 450g

INGREDIENTS

10

For the ceviche

- 10 mackerel fillets
- 3 kiwi
- 3 carton mizuna lettuce
- 1 cucumber
- cress

For the marinade

- 5 limes
- 3 orange
- 1 pomegranate
- 1 green apple
- 15 g Bresc Coriander puree
- 3 shallot
- 25 g Bresc WOKchilli
- 25 g Bresc Ginger puree
- 25 g Bresc Lemongrass puree

PREPARATION METHOD

Grate the limes and orange and squeeze them. Mix in the ginger, lemongrass and chilli. Cut open the pomegranate and remove the seeds. Chop the shallots into extremely small pieces and cut the apple into fine brunoise. Mix all the ingredients together. Place the fish in the ceviche marinade but keep a little bit of the mackerel separate. Allow to “cook” in the fridge for about 2 hours.

Peel the kiwi and dice it. Remove the fish from the marinade. Place the fish in a dish and spoon some of the garnish from the marinade over it. Sprinkle a little kiwi and cucumber over it and spoon some of the ceviche marinade (tiger milk) over it. Garnish with the cress and mizuna lettuce.