

Homemade Sakura Tree Smoked Mackerel Herby Salad with Pink Grapefruit Maple Syrup Dressing



<Ingredients (4 serve)>

- 1 Large mackerel
- 1/2 Iceberg lettuce
- 1 Small onion (sliced finely)
- 1 handful Bean sprout
- 3 bunches Fresh coriander (chopped finely)
- Mini tomatoes (cut into half)
- 1 Tbsp Sea salt
- 3 Tbsp Sakura (cherry tree) chips

<Pink grapefruit maple syrup dressing>

1/2 Pink grapefruit (juice)

3Tbsp Soy sauce

1 Tbsp Fish sauce (I use Vietnamese one)

1 tsp Maple syrup

1 pinch Sea salt

1 tsp Rice vinegar

3 cloves Garlic (grated)

1 thumb sized Ginger (grated)

1 bunch Fresh coriander (chopped finely)

White pepper

1 pinch Salt

50-75 ml Olive oil

<Method>

1. Clean the mackerel

Remove the guts and head off. Wash with running water and wipe off any excess water.

Make the fillet. Remove pin bones with tweezers.



Rub the sea salt over and allow to stay on a tray in the fridge for 30 minutes.

2. Meanwhile prepare the smoke

Place the kitchen foil on the bottom of cast iron sauce pan and spread the Sakura chips.



Cover with non stick cooking liner.



Put the lid on and heat it on high heat until smoke comes up from the chips.

3. Smoke the mackerel

Take out the mackerel and wash the salt away. Wipe off excess water with kitchen paper.

Lay the fillet in the sauce pan and smoke on medium heat with lid on for 15 minutes.

Remove from the heat. Flake.



4. Meanwhile make the dressing and prepare the vegetables

Wash the iceberg lettuce well and allow to stay in colander.

Put all ingredients except oil in a bowl and mix well. Pour the oil little by little keep stirring until that makes good consistency that you like.



5. Assemble

Pile the iceberg lettuce in a deep salad bowl and put other vegetables. Mix nicely and garnish the mackerel flakes over. Serve with dressing.

