

Jack Mackerel sashimi with soy gelée, furikake & sea grapes

Jack Mackerel is a darker flesh fish that is oily & high in Omega-3 & as much as it lends itself very well to most methods of cookery when it is extremely fresh it makes exceptional sashimi. This recipe combines the simplicity of raw Jack Mackerel with various Japanese condiments including a textural twist of soy gelée (jelly).

Ingredients

400gms Jack Mackerel
(must be sashimi grade & as fresh as possible)

Dashi

3 cups Water

9cm square Kombu (dried seaweed)

3 Tbsp Dried Bonito Flakes
(katsuobushi)

Soy Gelée

125mls Light Soy Sauce

1tsp Fresh Ginger - Grated

125mls Dashi

3 leaves Gelatine

Garnish

4tsp Furikake

8 Sea Grapes Fronds
(optional)

8 Watercress Micro Green
sprigs

4tsp Kewpie Soy
Mayonnaise

Makes 4 x Entrée Portions

Chefs Notes:

Furikake can be found in Asian Food Stores in various flavours, mostly used as a rice seasoning.

Sea Grapes can be found through [Pacific Harvest](#) – this is a specialty product & would need to be requested.

Watercress Micro Greens can be found in gourmet fresh produce stores – could be substituted with standard watercress tips.

Method - Sashimi

- If you have chosen a premium piece of Jack Mackerel then very little preparation is required for sashimi. Simply portion into 4 x 100gm portions & slice into thin pieces.
- Keep chilled until ready to serve.

Dashi

- Cut the kombu in half and soak in measured water for 10-15 minutes.
- Place in a saucepan and heat until the water begins to boil.
- Remove the kelp as soon as the water begins to boil. Add a dash of water then the bonito flakes. Cook for one more minute uncovered, and then remove from heat.
- Give the bonito 5 minutes to settle to the bottom of the saucepan
- Carefully strain the dashi into a container avoiding the bonito flakes.
- Allow to cool & refrigerate till required.

Soy Gelée

- Soak the gelatine in cold water & allow to soften. Remove & squeeze access water from the softened gelatine.
- Place all other ingredients into a small sauce pot & bring to the boil, add the gelatine & mix well. Remove from the heat & strain through a fine strainer to remove the ginger.
- Line a container approximately 20cm x 20cm & 20-30mm deep with plastic food wrap then pour the gelée mixture into the container. Allow to cool & set. Once set the plastic wrap will allow you to remove the set gelée easily.
- Once removed the gelée can be cut into shapes, ensure the plastic food wrap is removed when serving.

Completing the Dish to Serve

- Arrange the portioned Jack Mackerel on 4 separate plates
- Place 2-3 pieces of soy gelée on each plate
- Portion the remaining garnish ingredients across the 4 plates & serve.

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