

JAPANESE AROMATIC CRUMBED MACKEREL



Serves: 2 Cooking time: 20 minutes

INGREDIENTS:

2 Portion of Mackerel (250g each skin on)

Marinated Sauce

- 4 Table spoon of soy sauce
- 1 Table spoon of finely grated ginger
- 1 Table spoon finely grated garlic

Special Crumbs

- 10 table spoon of Panko crumbs
- 10 table spoon of Parmesan cheese
- 1 tea spoon Kaffir lime zest or kaffir lime leaf

Milk, gluten free flower

- 3 table spoon of coconuts oil or olive oil
- 3 table spoon of Japanese Mayonnaise
- 1/2 lemon

INSTRUCTIONS (how to cook)

1. Add the ginger, garlic and soy sauce to a bowl and whisk to combine. Add the mackerel, then soak into the sauce at least 5 minutes



2. Make the crumbs. Mix Panko crumbs, Parmesan cheese and kaffir lime zest together.

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3. Dredge it in flour. Dip it in milk. Coat with the crumbs.



4. Coat a frypan with oil and medium heat then put the fish in the frypan.
5. After about 3 minutes, flip over the fish and cook for about 3 minutes until well browned.
(If the fish is sashimi grade which means super fresh, cook like medium rare like steak.)
6. Cut the fish halves then place in dish. Add lemon and Japanese Mayonnaise.



ITADAKIMASU !!! (THANK YOU FOR THE MEAL and LET'S EAT!!)

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