

## Oven-Roasted Butterflied Mackerel

Makes 1 serving

1 whole Atlantic mackerel

1-2 tablespoon robust olive oil

Salt and pepper

1-3 cloves garlic, finely minced

1 T chopped fresh herbs - rosemary, thyme, oregano, etc.

½ teaspoon red chile flakes

1-2 teaspoon toasted sesame seed

4-6 thin slices of lemon



Preheat the oven to 450° F.

Butterfly the mackerel: make two incisions along the back of the mackerel, on either side of the dorsal fin. Continue cutting through the fish from top to bottom on both sides, following the contour of the bones with your knife. When you have cut almost down to the belly, you will be able to simply pull the backbone out, snapping it free at the head and tail. Use your knife to split the head. Clean the abdominal cavity of all offal, and carefully lift out the rib bones (don't worry if you miss some of these!). Wash the fish in salted ice water, pat it dry, and your mackerel is ready to cook!

Combine the olive oil, garlic, chopped herbs, sesame seed, and chile flakes. Rub the skin and cut sides of the fish with the marinade, then season with salt and pepper.

Place the fish on a small baking sheet or ovenproof dish and arrange the lemon slices on top of the fish. Cook for 15-20 minutes.

Serve the fish in the vessel in which it was cooked, accompanied by boiled new potatoes and vegetables sauteed in olive oil.