

Soy Mackerel

By UlamPinoy

Cuisine: Filipino

Ingredients

- [ ] Caballa (Mackerel)
- [ ] Garlic
- [ ] Mushrooms
- [ ] Pimiento de Padrón (green chili pepper)
- [ ] Soy sauce (naturally fermented)
- [ ] Lime juice or cider vinegar
- [ ] Ginger
- [ ] Laurel (bay leaf)
- [ ] Olive oil
- [ ] Hierbas provenzales (Albahaca, Orégano, Romero, Tomillo, Ajedrea & Mejorana)
- [ ] Salt & pepper
- [ ] Pimientos del piquillo, for garnish

Instructions

1. Cut the mackerel in halves then rub with hierbas provenzales. Set aside.
2. In a pan, mix the soy sauce, lime juice, garlic, ginger, laurel, olive oli, salt & pepper
3. Put the mackerel in the marinade and cook in medium-low heat
4. Slow cook until the liquid is reduced & add the mushrooms and chilis
5. When the marinade has been reduced, it will start to sizzle. Let it fry until the skin of the mackerel is crispy.