

BAKED MACKEREL

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Wash fresh mackerel, free from entrails and dry with a paper towel. Crush the head of young garlic without removing the peel. Wash the red currants and a few sprigs of thyme.

Prepare a baking sheet lined with parchment. Put berries and spices inside each fish, salt with coarse sea salt, sprinkle with olive oil and put in an oven preheated to 200 ° C for 10 minutes.

Mackerel turns out to be incredibly juicy, and red currants give a unique sour note and lemon is no longer needed here.

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