

## Mackerel Escabeche (Spanish Style Pickled Fish)

Courtesy of

**Executive Chef Mitchell Morgan Kaldrovich**

**Sea Glass Restaurant / Inn by the Sea, Cape Elizabeth, Maine**

1 cup all-purpose flour (optional)  
4 Atlantic Mackerel Fillets  
1 and ¼ cup olive oil  
1 large Spanish onion, sliced  
1 Large carrot, peeled & finely sliced  
2 cloves garlic, thinly sliced  
2 bay leaves  
1 sprig fresh thyme  
12 whole black peppercorns  
Dash of Smoked Paprika  
1 teaspoon salt  
1 cup Champagne Vinegar  
Lemon wedges, as garnish

### Directions

Season the fish with kosher salt and fresh crack black pepper. Coat lightly the fish in the flour (optional). In a large cast iron skillet or sauté pan, heat about 1/4 cup of the oil over medium-high heat. Add the fish in batches and cook until brown on both sides and just cooked through, adding more oil as needed for each batch. Remove and drain on paper towels. Lay the fish in glass baking dish. Discard oil. In a clean skillet, heat 1 cup of oil over medium heat. Add the onions, garlic, carrot, Paprika, bay leaves, thyme, peppercorns & salt. Cook, stirring occasionally until the onions are soft, 8 to 10 minutes. Add the vinegar. Let boil then turn off the heat. Pour the mixture over the fish, cover tightly, and refrigerate at least 12 and up to 24 hours. Serve chilled.

