



Balik Ekmek

Makes: 2

Prep time: 20 minutes

Cook time: 5 minutes

2 fillets of mackerel

2 white rolls or other soft bread

For the salad

¼ iceberg lettuce, finely shredded

½ red pepper, cut into fine strips

¼ red onion, finely sliced

1 tablespoon sumac

1 tablespoon pomegranate molasses

2 tablespoons olive oil

1 tablespoon lemon juice

For the yoghurt sauce

4 tablespoons natural yoghurt

1 teaspoon dried mint

Pinch sugar

Small squeeze of lemon juice

This is a classic sandwich, found on the streets of Istanbul around the Galata Bridge, which crosses the Golden Horn estuary. Cooks prepare fresh mackerel, frying it and making sandwiches with salad, yoghurt and chilli, if you like. There are many different variations and this is based on one of our favourites.

Method:



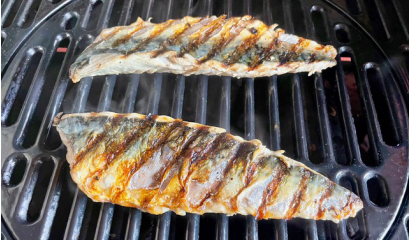
1. Combine the pomegranate molasses, lemon juice, olive oil and some salt in a clean lidded jar or bowl and shake or whisk to combine. Set aside.

2. Combine the yoghurt, dried mint, sugar, lemon juice and some salt in a bowl and stir to combine. Set aside.

3. Light two gas burners on the Jupiter Outback BBQ and set the heat to high. Rub the mackerel fillets with a little oil and season.

4. Cook the mackerel fillets skin side down over direct heat. Close the lid and cook for a few minutes (not more than 5).

Method Continued:



5. Combine the iceberg lettuce, onion and pepper in a bowl and add the dressing. Mix well.

6. Serve the mackerel in the buns or bread with the yoghurt sauce and salad.

