



## Marion's Apple and Marmalade Mackerel

Serves 2

### Ingredients

2 x 225g (8oz) whole mackerel or herring, fresh or defrosted, cleaned, heads and tails removed

1 large dessert apple, cored and diced

4 x 15ml spoon (4 tablespoons) water

3 x 15ml spoon (3 tablespoons) thick cut marmalade

1 x 15ml spoon (1 tablespoon) whisky

### Method

Preheat the grill

Place the apple and water into a saucepan. Bring to the boil and simmer for 3-4 minutes.

Stir through the marmalade and whisky. Grill the mackerel for 6-8 minutes each side, brushing with the apple-marmalade sauce.

Pour over the remaining sauce and serve with seasonal vegetables.



### Frascati Superiore

*An Italian white wine with a fresh, clean flavour and a hint of almond. Ideal with fish or drink on its own at the end of a long summer's day.*