

AUTHENTIC WINEBOER PASTA WITH MACKEREL

Mackerel fillets
Cherry tomatoes
Onion (preferably red)
Garlic

Anchovies
Pasta
Basil



A simple wineboer worthy dish, but beware: boiling pasta takes longer than getting a mackerel ready for consumption. And everything needs to be ready at the same time, so timing is of the essence.

Buy the mackerel bubbly fresh and ask the poissonier to fillet it. Go get a bottle of Italian wine (Dolcetto d'Alba or a Ripasso) and open it to let it breathe, then back into the kitchen. If your guests and housemates are dear to you, remove the bones from the mackerel.

1. Finely chop the tomatoes, onion and anchovies. Mix it all together in a bowl. Add crushed garlic and olive oil.
2. Heat the oven to 160 degrees.
3. Bring a pot of water to the boil. Boil the pasta.
4. Get an oven proof dish, grease with some good olive oil and add the tomato onion mixture. Put into the oven.
5. Check after about 15 minutes, if the tomatoes are soft, cover with the mackerel filets, skin side up.
6. They'll be done in no time, so make sure to check after 5 minutes, don't overdo them or you'll get fish flavoured shoe-soles.
7. Heat some oil in a frying pan and lightly fry thinly sliced garlic (don't burn!). This way the oil will be gently infused with garlic. Keep the heat low or even turn off the gas after a while because you don't want to burn the oil either. Just before the pasta is ready, warm up the garlic oil.
8. Drain the pasta and add to the hot frying pan with garlic oil. Stir well and add more freshly crushed garlic to taste.
9. Arrange pasta on a pretty serving dish, top with tomatoes and mackerel and lots of fresh basil. Or if you don't have basil: oregano. Delicious! Bon appétit!

The mackerel in the picture is supplemented with fresh artichoke. We'll save that one for next time.