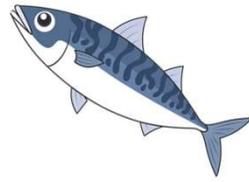




Bowl Diamond



Mackerel and Lemon Rilette

Polyunsaturated fatty acids, which are abundant in mackerel, reduce bad cholesterol and neutral fats, prevent arteriosclerosis, and protect the body from lifestyle-related diseases. The richness of cream and butter is combined with the addition of lemon to give this dish a refreshing taste. This dish goes well with wine.



Anti-aging foodstuffs

Mackerel

<Ingredients> For 2 servings

200 g mackerel	15 g butter
Salt and pepper to taste	10 cc heavy cream
200 ml olive oil	1/2 lemon
1 clove garlic	(squeezed and for zesting)
1/2 can cut tomatoes	Pink pepper to taste
Salt and pepper to taste	
50 ml white wine	



<How to Cook>

1. Sprinkle the mackerel fillets with salt and let sit for a while. Then, pat dry.
2. Put olive oil, garlic, thyme, and bay leaf in a pan and heat.
3. When fragrant, add the fillet and cook on both sides over low heat.
4. When removed, remove the bones and skin, break into small pieces, mix with butter, heavy cream, lemon juice, and season with salt and pepper.
5. Divide the mixture into 4 portions, grate the lemon zest over the top and sprinkle with pink pepper. (Serve with baguette, if desired.)