

### **Smoked Mackerel pâté with pickled radishes**

Makes a large bowl, takes 10 minutes

*For the radishes:*

- \* *Cider vinegar – 50ml*
- \* *Sugar – 1tsp*
- \* *Black pepper corns – a few*
- \* *Fennel seeds – 1 tsp*
- \* *Radishes – a handful, finely sliced into rounds*

*For the pâté:*

- \* *Smoked mackerel – 6 filets, skin removed*
- \* *Horseradish sauce – 3 tbsp*
- \* *Lemon – juice and zest of 1*
- \* *Mustard – 1 tbsp*
- \* *Natural yogurt – 50ml*
- \* *Paprika – 1 tsp*
- \* *Crudites or chicory leaves – to serve*

Start by making your pickles. Boil the vinegar, sugar and spices in a small saucepan then strain the liquid. Place the radishes in a small jar and add the liquid to them. Seal and set aside.

To make the pate, mash all the ingredients together in a bowl with a fork, or your fingers. Spoon on to the leaves to serve, garnished with a couple of pickles and a pinch of paprika.

### **Tapenade**

Takes 10 minutes, makes a medium sized bowl

- \* *Olives - 1 tin/jar of pitted (black or green)*
- \* *Sundried tomatoes - 3*
- \* *Capers - 3 tsp, drained*
- \* *Garlic - 1 clove, peeled*
- \* *Anchovies - 3*
- \* *Olive Oil*
- \* *Crudités - to serve*

Put all the ingredients except the olive oil into a food processor and blend until you have an even, coarse paste. With the blender running, slowly drizzle in some olive oil until you reach your desired consistency. I prefer mine with a small amount of oil for a slightly more chunky dip. Serve with crunchy crudités.