JAPANESE · DINNER · LUNCH

Saba Shioyaki (Salt-Grilled Mackerel)

20 min · Serves 2 · 322 kcal a serve · Video 5:22 · Cooking with Chef Dai

Pescatarian · No dairy listed · No nuts listed

Mackerel is an oily fish rich in omega-3 fats: one fillet gives about 3 g of omega-3, around a day's vitamin D and many times the daily vitamin B12, and it is grilled with nothing but salt.

Diet notes: Carnivore if you leave out the daikon radish, lemon wedge, parsley and soy sauce; Keto (1.1 g net carbs a serve); Paleo with a swap: leave out the soy sauce; Gluten-free with a swap: use gluten-free soy sauce (tamari).

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Ingredients 6 · SERVES 2

- [ ] 2 **mackerel fillets**, skin on (about 5 oz each)
- [ ] **salt**, seasoned liberally (about ½ tsp)
- [ ] grated daikon (mooli) radish, a small mound (about 2 tbsp) a serve, to serve
- [ ] 1 **lemon wedge**, to serve
- [ ] **parsley** sprig, to garnish
- [ ] a few drops of **soy sauce** on the radish, to serve (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Fish, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pat the mackerel fillets completely dry; any water left on them dilutes the flavour and stops the skin crisping. 2:12
2. Lightly score the skin in a criss-cross pattern so it doesn't curl, and cut each fillet in half. Thread onto skewers if you like, to hold the pieces flat. 0:26
3. Season both sides liberally with salt. 2:32
4. Cook under a very hot overhead grill (broiler) for about 5 minutes on the first side, then flip and cook about 3 minutes more, until browned and crisp but still juicy inside. 2:45
5. Twist the skewers out gently so the flesh doesn't tear. Serve skin-side up with a mound of grated daikon, a lemon wedge and parsley; squeeze lemon over the fish and add a drop of soy sauce to the radish as you eat. 3:48

> **Tip** Serves 2 (our estimate: one fillet each). For strict carnivore, eat it with just the salt and leave the daikon, lemon and soy sauce off. A very hot grill pan or barbecue works too.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
322 kcal	29 g	1.7 g	0.5 g	21 g	840 mg
1,350 kJ	58% of a day	1.1 g net · 0.9 g sugars	2% of a day	5 g saturated	36% of a day
		1% of a day		27% of a day	

Energy from net carbs 1% · protein 37% · fat 62% — fits keto: 1.1 g net carbs, 62% of the energy from fat

High in (20%+ of a day) Vitamin B12 950% · Omega-3 203% · Selenium 113% · Vitamin D 96% · Vitamin B6 30% · Magnesium 29% · Vitamin K 22%

Source of (10–19%) Potassium 12% · Iron 12% · Vitamin E 12% · Zinc 11% · Vitamin C 11%

Recipe and video: Cooking with Chef Dai (@CookingwithChefDai) on YouTube — youtube.com/watch?v=askf71pqrPY, published 12 November 2015. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/saba-shioyaki-salt-grilled-mackerel