



Broccoli Salad with Smoked Mackerel Vinaigrette

serves 2 as a main, 4 as a side

- 1 tablespoon olive oil
- 2-3 tablespoons rice vinegar
- 1 6-ounce can smoked mackerel
- 1 medium head broccoli
- high-heat oil, like sunflower or grapeseed
- 1/3 cup cornstarch
- 1 large shallot, peeled and thinly sliced
- 1 teaspoon fish sauce
- 1 teaspoon honey
- sea salt & fresh pepper, to taste

Separate shallot slices into rings and toss with the cornstarch. Shake off excess and set on a plate. Spread another plate with a couple of paper towels.

Heat a scant inch of oil in a small skillet until very hot. Add shallots and fry over medium-high heat, turning with tongs as they begin to color. Watch very carefully and remove quickly from oil to paper towel as soon as they turn a dark gold. Set aside.

Slice broccoli head in half and remove core. Cut into bite-size pieces, either thin slices or little chunks, whichever you prefer. Place in a large bowl.

Combine remaining ingredients in blender or food processor and blend into a thick dressing. Thin with a little warm water, as needed. Taste and adjust seasoning before pouring over broccoli. Toss very well to evenly coat all the pieces.

Garnish with fried shallots and serve immediately. Alternately, you may chill the salad; garnish with shallots just before serving. The fried shallots will keep for several days stored at room temp in an airtight container.