Mackerel Tomato Cornmeal Bake

One 8-inch/20 cm square fish-and-bean bake, four portions · Active 35 min · Total 1 hr 40 min

Skills: Cooking a cornmeal topping and cooling it before adding an egg binder

Ingredients

• 2/3 cup regular yellow cornmeal (100 g), not a complete cornbread mix

• 2 1/2 cups water (600 ml), plus up to 1/4 cup/60 ml if required by cornmeal

• 1/2 teaspoon fine salt (3 g), divided

• 1 tablespoon neutral oil (15 ml)

• 1 small onion, finely chopped (100 g)

• 1 can chopped tomatoes, 14–14 1/2 oz/400–411 g, with juice

• 1/2 teaspoon dried thyme (0.5 g)

• 1/4 teaspoon black pepper (0.5 g)

• 1 can cooked white beans, 15 oz/425 g net, drained and rinsed (240 g drained)

• Canned mackerel in water or oil, drained and checked (6 1/3 oz/180 g usable fish)

• 1 large egg, beaten

Set out

8-inch/20 cm square baking dish, at least 2 qt/2 L, Heavy saucepan, whisk and long spoon, Skillet, Small bowl, Food thermometer

Allergens

fish, egg. Check labels and substitutions.

Make it

1. Bring 600 ml water and half the salt to a boil in the heavy pan. Whisk cornmeal in slowly, lower heat and cook for 25–35 minutes or its packet time, stirring frequently, until fully tender. Add extra water only if drying before tender. Remove from heat and cool for 10 minutes until warm, stirring occasionally.

2. Meanwhile heat oil in the skillet. Cook onion for 7–8 minutes. Add tomatoes, thyme, pepper and remaining salt. Simmer uncovered for 12–15 minutes until thick. Fold in beans and checked mackerel; warm gently for 3 minutes. Heat oven to 400°F/200°C.

3. Spread filling in the baking dish. Stir beaten egg thoroughly into the warm cornmeal, then spoon it across the filling and spread gently.

4. Bake for 20–25 minutes until topping is set and the center of the complete dish reaches 165°F/74°C. Rest 5 minutes and spoon four portions.

A useful full bean can

The drained white beans share the filling with a modest amount of fish. They remain whole rather than disappearing into a fish paste.

Ingredient labels

Mackerel supplies fish and egg binds the topping. Check canned products and cornmeal for additional ingredients or cross-contact information.

A useful detail

Cornmeal and filling cook in parallel. The 100-minute total includes cooling the cornmeal before adding egg; a longer cornmeal packet time extends the estimate.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Freeze promptly cooled portions for up to 1 month and thaw in the refrigerator. The cooked cornmeal firms when cold and may need a small splash of water around the filling on reheating.