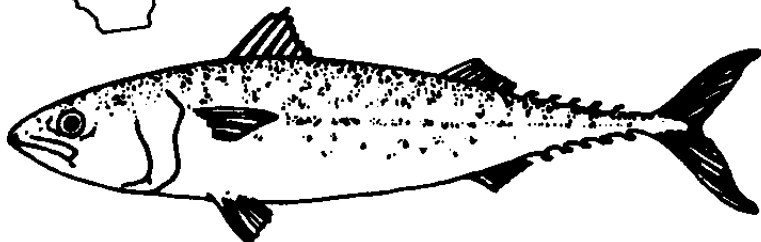




CALIFORNIA MACKEREL

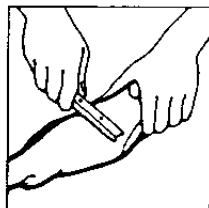


Seafood is becoming a regular part of the family menu each week, and for a good reason: it's a delicious change of taste! There are many varieties of seafood and many easy-to-prepare recipes. Consumers are discovering mackerel as an economical source of nutritious protein.

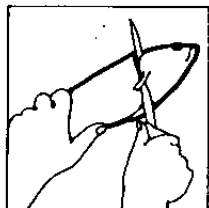
Mackerel are members of a large family of fish which include the tunas. Two mackerels are harvested commercially in California: the Pacific mackerel (a true mackerel) and the jack mackerel (a member of the jack family). California mackerel are available fresh, frozen and canned year-round. When you buy fresh mackerel, select fish with clear eyes, pink to red gills, firm flesh, and no disagreeable "fishy" odor.

To Fillet Mackerel:

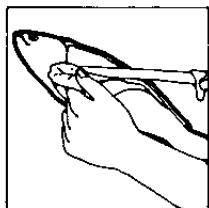
1. Scale the fish (unless you intend to skin the fillet).



2. Make a diagonal cut behind the pectoral fin toward the head. Cut down until you feel the backbone. It helps to use a fillet knife or other knife with a sharp, thin blade.



3. Make a shallow cut from head to tail just above the dorsal fin. Carefully cut the fillet off by running the knife just on top of the backbone. To have a boneless fillet, avoid cutting into the belly cavity or, if you cut into the belly cavity, remove the rib bones by sliding your knife just underneath them and cutting them off diagonally. The fillet is now ready to be prepared.



Fresh Mackerel Handling and Storing Tips:

1. Fresh seafood spoils rapidly at temperatures above 40°F. While transporting fresh mackerel home after the catch or purchase, keep the fish cold to prevent spoilage. At home, refrigerate the fish immediately.
2. Seafood quality also decreases with storage time. Cook fresh mackerel within a day or two.
3. Freezer storage is a handy way to keep mackerel, but limit the storage time to maintain quality. For best flavor, use frozen mackerel within a month or two. Thawed fish is more susceptible to spoilage than fresh fish and should not be held longer than a day before cooking.

Barbecued Mackerel

2 pounds mackerel fillets	1/4 cup salad oil
1 tablespoon brown sugar	2 teaspoons salt
1/4 cup lemon juice	2 bay leaves
2 tablespoons grated lemon rind	Dash white pepper
1 tablespoon hickory liquid smoke	Dash Tabasco sauce
1/2 teaspoon Worcestershire sauce	Paprika
1/2 cup vinegar	

Combine all ingredients except fish and paprika. Bring to the boiling point. Cool. Cut fillets into serving-size portions. Place in a single layer in a shallow baking pan. Pour sauce over fish and let stand for 30 minutes, turning once. Place fish in well-greased hinged wire grills. Cook on a barbecue grill about 4 inches from moderately hot coals for 8 minutes. Baste with remaining sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Sprinkle with paprika. Serves 6.

Tangy Glazed Mackerel

1½ pounds mackerel fillets	1 tablespoon prepared mustard
1/3 cup melted margarine	1/2 teaspoon salt
1/3 cup catsup	1/2 teaspoon garlic salt
1/3 cup frozen lemonade concentrate, thawed	1 large bay leaf, crumbled
	Lemon twists (garnish)

Cut fish into serving-size portions. Place fish in a single layer in a baking dish, 12×8×2 inches. Combine remaining ingredients except garnish; mix well. Pour over fillets; turn fish to coat evenly; cover. Marinate in refrigerator at least 30 minutes. Drain, reserving sauce. Arrange fish, skin side up, on a well-greased broiler pan, approximately 15×10×1 inches. Brush with sauce. Broil about 4 inches from source of heat for 4 to 5 minutes. Turn carefully and brush with sauce. Broil 4 to 5 minutes longer or until fish flakes easily when tested with a fork. Serves 4.

Fried Mackerel Cheese Patties

- 1 (15 oz.) can mackerel, drained, flaked
- 1 egg
- 2 cups (1 pint) cottage cheese
- 1/2 cup all-purpose flour
- 1/2 cup nonfat dry milk powder
- 1/2 medium onion, finely chopped
- 1/4 teaspoon salt

- Dash pepper
- Half-and-half mixture of flour and nonfat dry milk powder or fine bread or cracker crumbs
- Oil or shortening
- Tartar sauce or lemon wedges

Add egg to cottage cheese and beat well. Mix in: mackerel, flour, nonfat dry milk powder, chopped onions, salt and pepper. Shape into balls of about 1/4 cup each. Roll in mixture of flour and dry milk powder, or bread or cracker crumbs. Flatten slightly to form patties. Fry in well-greased skillet over medium heat until brown (about 5 minutes on each side). Serve with tartar sauce or lemon wedges. Serves 8 (2 patties per serving).

Mackerel Loaf

- 1 (15 oz.) can mackerel, drained, flaked
- 1/2 cup nonfat dry milk powder
- 2 medium stalks celery, chopped
- 1 tablespoon lemon juice or 2 tablespoons Worcestershire sauce
- 2 cups cracker crumbs

- 1 egg
- 1/2 cup water
- 1 teaspoon salt
- 1 teaspoon paprika
- 1/4 cup minced parsley
- 1 medium onion chopped
- Tomato sauce (8 oz.) for topping

Preheat oven to 350°F. Thoroughly mix all ingredients except the tomato sauce. Pour mixture into a *well-greased* 1½ to 2-quart baking dish or loaf pan. Bake in oven for about 30 minutes. Remove from oven and let stand for a few minutes. Unmold the loaf onto a serving dish. Pour tomato sauce over loaf. Serves 8.



Note: When flaking or crumbling canned mackerel, don't remove the bones as they are an excellent source of calcium. When the bones are thoroughly crushed, you cannot taste or feel them.

Mackerel Burgers

1 (15 oz.) can of mackerel,
plus liquid contents
1 medium onion, chopped
1/4 cup oil or shortening
1/3 cup dry bread crumbs
2 eggs, beaten
1/4 cup chopped parsley
1 teaspoon mustard, powdered

1/2 teaspoon salt
oil
crumbs

Optional:

hamburger buns
mayonnaise
sweet pickle relish

Saute onions in 1/4 cup oil or shortening. Set aside. Crumble the fish. Combine: sauteed onions, fish, 1/3 cup bread crumbs, eggs, parsley, mustard and salt. Mix well. Shape into 6-8 patties. Dip in extra dry bread crumbs and fry in hot oil for about 3 minutes on each side. Serve on hamburger buns with mayonnaise and sweet pickle relish. Serves 6-8.

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Prepared by

Pamela Tom and Robert J. Price

University of California
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Sea Grant Marine Advisory Program

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UCSGMAP86-4

August 1986

Recipe acknowledgments: Gulf & South Atlantic Fisheries Development Foundation, Inc.; National Marine Fisheries Service; and, University of California Cooperative Extension Expanded Food and Nutrition Education Program.

This work is sponsored in part by National Oceanic and Atmospheric Administration, National Sea Grant College Program, Department of Commerce, under grant number NA85AA-D-SG140, through the California Sea Grant College Program, and in part by the California State Resources Agency, project number A/EA-1. The U.S. Government is authorized to reproduce and distribute reprints for governmental purposes.

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