

Atlantic Mackerel

Scomber scombrus



Mackerel is a distinctively flavorful seafood dish rich in omega-3 fatty acids and serves as a source of selenium, niacin, and vitamins B6 and B12. Although highly valued by foreign markets, there is not a great demand for mackerel in the United States.

Because of this lack of domestic demand, much of the mackerel landed in New England is sold as bait for the lobster and recreational fisheries, or exported to foreign markets where it receives greater culinary appreciation. Although abundant, mackerel represents one of the lowest valued species landed in the New England, with fishermen receiving an average price of \$0.20/lb in 2009.

Grilled Mackerel

If not already cleaned, clean fish by removing head and contents of body cavity, rinse with water to remove loose scales, pat dry. Rub fish with truffle oil or olive oil, smoked sea salt, and pepper. Grill at medium heat for 7-10 minutes until fish starts to flake off the bone.

Smaller fish can be tricky to cook properly so watch closely. Overcook and it will completely flake apart, undercook and the fillet won't pull off the bone. Test with first fish to get timing and heat adjusted properly.

Drizzle with soy sauce or mustard sauce and serve warm.

Prep time: 20 minutes. Serves: 2 people (typically serve 1-2 fish per person).

*Courtesy of Adam Baukus, Senior Research Technician
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3 whole mackerel

1-2 tbs truffle oil or olive oil

Smoked sea salt

Pepper

Sauce: soy sauce mixture (2 tbs soy sauce, 1 tbs molasses, 1 tbs rice vinegar)

OR mustard sauce (2 tbs spicy brown mustard, 1 tbs honey, 1 tbs red wine vinegar)

