

# Buying and Preparation Tips

**Be sure to purchase your seafood from a retailer that displays a valid license.**

- Look for these signs of quality when purchasing mackerel steaks or fillets: flesh that is firm and not separating, fresh sea breeze smell and no discoloration.
- When you are grocery shopping, purchase seafood last and keep it cold. Ask your seafood specialist to pack your seafood on ice for the trip home. Remove from ice prior to refrigerating.
- Store fresh mackerel in the coldest part of your refrigerator (usually the lowest shelf at the back or in the meat keeper) at 32° F for up to two days.
- To freeze mackerel, wrap tightly to prevent freezer burn, write date on package and store at 0° F for up to six months. Thaw in the refrigerator or under cold running water.
- Try marinating mackerel in your favorite Italian salad dressing. Always marinate fish in the refrigerator. Discard used marinade as it contains raw fish juices.

- Mackerel is cooked when its meat just begins to flake easily with a fork, and loses its translucent or raw appearance. All fish should be thoroughly cooked.
- The general rule for cooking fish is 10 minutes per inch of thickness at the thickest part of the fillet or steak at 400° - 450° F. If fish is cooked in parchment, foil or a sauce, add 5 minutes to the total cooking time.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination. After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and your hands with hot soapy water.

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## SPANISH MACKEREL Recipes



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# SPANISH MACKEREL

Florida Department of Agriculture  
and Consumer Services



## Crunchy Baked Spanish Mackerel



- 2 pounds Florida Spanish mackerel fillets
- 1/3 cup butter, melted
- 1 clove garlic, minced
- 1/2 teaspoon fines herbs blend
- 1 1/2 cups potato chips, crushed
- 3 tablespoons grated Parmesan cheese paprika

Arrange fillets in a shallow microwave-safe dish. Combine butter, garlic and fines herbs; brush on fillets. Sprinkle 1/2 of the crushed potato chips over fillets. Turn fillets and repeat process using remaining seasoned butter and chips. Sprinkle with Parmesan cheese and paprika. Cook in microwave on high for 8 to 10 minutes or until fish flakes easily when tested with a fork. Yield: 6 servings.

**Per serving: calories 378, calories from fat 216, total fat 24g, saturated fat 11g, cholesterol 143mg, total carbohydrate 8g, protein 33g.**

**Eat Seafood  
Twice a Week...  
It's Good For Your Heart**

## Rich and Creamy Broiled Spanish Mackerel

- 2 pounds Florida Spanish mackerel fillets
- 2 tablespoons Florida lemon juice
- 1/2 cup grated Parmesan cheese
- 1/4 cup butter, softened
- 3 tablespoons mayonnaise
- 3 tablespoons chopped Florida green onions
- 1/4 teaspoon salt
- 1/8 teaspoon hot pepper sauce

Place fillets in a single layer on a well-oiled broiler pan. Brush fillets with lemon juice, cover and marinate in the refrigerator for 10 minutes. Combine remaining ingredients and set aside. Broil fillets about 4 inches from source of heat for 6-8 minutes or until fish flakes easily. Remove from heat and spread with cheese mixture. Broil an additional 2-3 minutes or until lightly browned. Yield: 6 servings.

**Per serving: calories 360, calories from fat 210, total fat 23g, saturated fat 7g, cholesterol 125mg, total carbohydrate 1g, protein 34g.**



## Baked Spanish Mackerel Fillets

- 2 pounds Florida Spanish mackerel fillets
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup margarine, melted
- 2 tablespoons Florida lime juice
- 1 teaspoon grated Florida onion
- 1/8 teaspoon paprika

Sprinkle fillets with salt and pepper. Place in a single layer on a well-oiled baking pan. Combine margarine, lime juice, onion and paprika. Cover fillets with the sauce. Bake at 350°F for 10-15 minutes or until fish flakes easily with a fork. Yield: 6 servings.

**Per serving: calories 240, calories from fat 110, total fat 12g, saturated fat 3g, cholesterol 115mg, total carbohydrate 0g, protein 31g.**

**Seafood alternative:  
mullet, pompano or king mackerel**

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More recipes at [www.FL-Seafood.com](http://www.FL-Seafood.com)