

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 rubbing your favorite Cajun spice blend on mackerel steaks. Shake the seasoning directly on the fish and gently rub into the flesh.
- 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.

Focus on Fish, Shellfish and Mercury For Women of Child Bearing Age and Small Children

Fish and shellfish are good sources of high quality protein, are low in fat and have other health benefits. Health experts recommend we include 2 servings a week in our diet. However, FDA advises that pregnant women, women who may become pregnant and small children not eat king mackerel, swordfish, shark or tilefish as they may contain high levels of mercury. The FDA and EPA advise this group to eat a variety of other fish and shellfish to enjoy the health benefits of seafood.

For additional information go to these web sites:
FDA at: www.cfsan.fda.gov/seafood1.html
EPA at: www.epa.gov/ost/fish



KING MACKEREL Recipes



www.fl-seafood.com

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**Florida Department of Agriculture
and Consumer Services**
CHARLES H. BRONSON, Commissioner



Oriental Fish Steaks



- 2 pounds Florida king mackerel steaks
- 1/4 cup pineapple juice
- 1/4 cup soy sauce
- 2 tablespoons catsup
- 2 tablespoons vegetable oil
- 2 tablespoons chopped parsley
- 1 tablespoon lemon juice
- 1/2 teaspoon oregano
- 1/2 teaspoon pepper
- 1 clove garlic, finely chopped

Place fish in a single layer in a shallow glass dish. Combine remaining ingredients and pour over the fish; cover and marinate in the refrigerator for at least 30 minutes, turning once. Place fish in a microwave-safe dish; cover and 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 220, calories from fat 63, total fat 7g, saturated fat 0.95g, cholesterol 80mg, total carbohydrate 4g, protein 33g.

Grilled Honey Kings



- 1 1/2 pounds Florida king mackerel steaks or fillets
- 1 cup Florida honey
- 2 teaspoons ground ginger
- 1 Florida red bell pepper, seeded and cut into 2-inch strips
- 1 Florida yellow bell pepper, seeded and cut into 2-inch strips

Cut fillets into serving-size pieces; set aside. Combine honey and ginger and brush on fish evenly. Place fish on oiled grill over medium-hot coals basting frequently with honey mixture and turning once. Brush bell peppers with honey mixture and grill with fish until tender. Turn peppers often to avoid burning. Fish is done when it flakes with a fork.

Yield: 4 servings

Per serving: calories 464.73, calories from fat 24, total fat 2.69 g, saturated fat .5 g, cholesterol 159.89 mg, total carbohydrates 77.32 g, protein 40.49 g.

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

Broiled King Mackerel

- 1 1/2 cups Florida orange juice
- 1/2 cup Florida lime juice
- 1/2 cup Florida honey
- 1 1/2 pounds Florida king mackerel steaks or fillets
- 2 teaspoons paprika
- 1 teaspoon salt

Combine orange juice, lime juice and honey in a flat bottom container and mix well. Place fish in container with juice mixture and marinate for one hour in the refrigerator. Combine paprika and salt. Place fish on broiler pan and sprinkle paprika mixture on top of fillets. Broil 10 minutes for each inch of thickness or until fish flakes with a fork. While fish is cooking, boil marinade for 5 minutes. Baste fish just before removing from oven.
Yield: 4 servings

Per serving: calories 545.85, calories from fat 29.5, total fat 4.27g, saturated fat 1.2g, cholesterol 89.95mg, total carbohydrates 78.69g, protein 47.64g.

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

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More recipes at www.fl-seafood.com

