

Queensland mackerel

Mackerel are one of the fastest swimming fish in the world, but this does not stop Queensland's commercial fishers catching them for you to enjoy. You can purchase mackerel all year round and they are a popular eating fish. This tasty fish is a versatile option and can be cooked in almost any way.

Spanish mackerel



Spanish mackerel

- Spanish mackerel have a great mild flavour with soft, 'steak-like' flesh.
- Spanish mackerel's flavour is mild enough to complement a range of other ingredients. The steaks make an easy mid-week dinner, grilled or barbecued with a simple zesty citrus or soy sauce.
- It is available all year round with peaks in spring and is one of the most popular fish found all along Queensland's coast. Spanish mackerel is similar in colour to grey mackerel, especially when young due to the dark vertical bars along their sides.
- An impressive fish, Spanish mackerel is the largest in the mackerel family, with an average length of between 55-125 cm.

Grey mackerel



Grey mackerel

- Grey mackerel are a medium flavoured fish, with a taste slightly stronger than Spanish mackerel and are full of the healthy Omega-3 oils.
- Their meat is flaky and moist with a medium to firm texture.
- For a hearty winter dinner, try it baked whole with tomatoes, herbs and served with steamed hot potatoes.
- Grey mackerel is available throughout the year with peaks in winter.
- Found in Queensland's open waters and near reefs, the grey mackerel has dark vertical stripes on its side similar to Spanish mackerel. Once caught these stripes fade quickly to a silvery-grey.
- Grey mackerel most commonly grow to 90 cm in length.

Spotted mackerel



Spotted mackerel

- Like grey mackerel, the spotted mackerel has a medium flavour, which is slightly stronger than the Spanish mackerel.
- Spotted mackerel is an oily fish, with medium to firm texture.
- Thanks to its robust flavour and firm texture, spotted mackerel would work well in your next curry, laksa or spicy salad.

- Spotted mackerel is available throughout the year. It is found in open waters throughout Queensland and sometimes moves to inshore bays and estuaries.
- Commonly grows between 50-80 cm in length.

Buying

Mackerel are sold as cutlets, steaks and fillets. Look for white, firm, moist flesh without any dark brown markings. The fish should have a pleasant fresh sea smell as opposed to a strong, fishy odour.

Storing

Make sure the whole fish is scaled, gutted and cleaned thoroughly. Wrap the whole fish, fillets or cutlets in plastic wrap or place in an airtight container. Refrigerate for up to two days (it is best eaten as fresh as possible) or freeze for up to three months below -18°C.

Cooking

Mackerel is an extremely versatile fish as it can be cooked using numerous methods. It can be fried, grilled, smoked, baked, barbecued, poached, or even pickled! The flesh is generally firm in texture with high oil content. The skin is thin and can be eaten. It has few bones, which are easily removed. Score thick fillets at the thickest part of the flesh to allow even heat penetration.

Take particular care not to overcook the fish. Lightly salt mackerel before frying. Mackerel frames (skeleton and heads) are excellent for fish stock. It is best to balance this flavoursome fish with a sharp sauce. Try a spicy tomato, cranberry, red currant or mustard.

Visit the Queensland Food page to download a copy of the [Mackerel and spanner crab numus with Aus Jublee pineapple recipe](http://www.industry.qld.gov.au/key-industries/866.htm) [http://www.industry.qld.gov.au/key-industries/866.htm]

Where to buy

Ask your local fishmonger to source you some mackerel today. To find your nearest retailer, visit the [Queensland Catch website](http://www.queenslandcatch.com.au) [http://www.queenslandcatch.com.au].



