

# Family Recipes



## Soused Mackerel

One fish per serving cleaned with head and fins removed

1 teaspoon salt

1 sliced large onion

2 bay leaves



For the steeping liquid

1 tablespoon pickling spices

Vinegar – Wine, cider or  
inexpensive Balsamic vinegar  
according to taste

Place the fish in a baking dish side by side in a single layer. Pour in water to just cover the mackerel, it is best to do this from a measuring jug so that you can judge the volume as you then need to pour in the same quantity of vinegar.

Put the dish in the centre of the oven and cook for two hours at 275F, 140C, gas Mk1.

Remove from oven and allow to cool before placing the dish, with the mackerel still in the liquid, in a refrigerator and leave till required for serving. The fish will keep for several days in this way and are ideal as a summer dish served cold with salad.

Notes: Herrings can be soured in exactly this same way.

In this method the bones are softened in the process and can easily be consumed with the fish. If you do not wish to eat the bones then remove at the stage when the fish are cleaned and the cooking time can be reduced at a slightly higher temperature.

