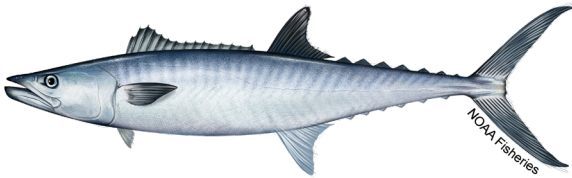




FISHWATCH FRESH FACTS.
SMART SEAFOOD.

KING MACKEREL



U.S. wild-caught Gulf of Mexico and Atlantic king mackerel are a smart seafood choice because they are sustainably managed and responsibly harvested under U.S. regulations.

King mackerel are one of the most commonly caught species off the Southeast Coast. It is a large, aggressive fish with a rich flavor, making it popular among both commercial and recreational fishermen. Managers have implemented many measures to control harvest and rebuild once dwindling stocks of king mackerel.

King mackerel is a low-fat source of protein, riboflavin, niacin, vitamin B12, and selenium. It may contain amounts of methylmercury in excess of the FDA's recommended limit for nursing moms, moms-to-be, and young children.

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Herb-Broiled Mackerel Steaks

Ingredients:

- 4 small mackerel steaks
- $\frac{1}{4}$ cup margarine or butter, softened
- 1 tablespoon chopped fresh parsley
- 1 tablespoon thinly sliced green onion, including tops
- $\frac{1}{2}$ teaspoon chopped fresh tarragon (or $\frac{1}{4}$ teaspoon dried)
- $\frac{1}{2}$ teaspoon chopped fresh thyme (or $\frac{1}{4}$ teaspoon dried)
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon freshly ground black pepper
- $\frac{1}{8}$ teaspoon paprika



1. Place filets in a greased broiler-safe pan, without rack, skin-side down.
2. In a small bowl, blend together all other ingredients. Spread the blend over the filets.
3. Broil about 4 inches from heat until fish flakes with a fork, about 8 to 10 minutes. Baste once or twice during cooking with pan juices.

Recipe credit: Mariner's Menu: 30 Years of Fresh Seafood Ideas by Joyce Taylor, 2003, North Carolina Sea Grant.



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