

ATLANTIC MACKEREL
SCOMBER SCOMBRUS



DESCRIPTION:

Atlantic Mackerel, also referred to as Boston Mackerel, is torpedo shaped like Tuna but significantly smaller, averaging 1 to 2 1/2 pounds. Atlantic Mackerel have a distinct bar pattern of small scales that cover the entire body and give the skin a velvety texture. It is a schooling fish that thrives in cold and temperate shelf areas of both sides of the North Atlantic Ocean.

EATING QUALITIES:

The raw meat looks grayish and oily, when cooked is it off-white to beige. Mackerel is considered one of the more healthful fish because it's rich in omega-3 fatty acids, selenium, niacin and vitamins B6 and B12. Its oil content makes mackerel an excellent candidate for barbecuing or smoking.

FISHING METHODS:

The Mackerel are typically commercially caught using mid-water trawls which have minimal impact on habitat. The fishery is federally managed by NOAA Fisheries and the Mid-Atlantic Fishery Management Council.

SOLD AS:

Whole, H & G, Fillets, Portions, Steaks

NUTRITIONAL INFORMATION
 Per 3.5 ounce portion

Calories	200
Total Fat	13.9 g
Protein	18.6 g
Sodium	90 mg
Cholesterol	70 mg
Omega-3	2.5 g

COOKING METHODS

- Bake
- Broil
- Grill
- Sauté
- Fry
- Smoke

HANDLING

Whole fish should be packed in flaked ice. Whole fish and fillets should be stored in a drain pan in the coldest part of the walk-in. Fillets should also be covered in ice although with a barrier, so the ice never touches the flesh.