

# Mrs Greenkeeper's



## Own Corner

with Ann Mawson

Mackerel is a fish that has fat distributed throughout the fibres and therefore has a high food value. No fish spoils more rapidly so it should be eaten as soon as possible after catching. It should be very brilliant in colour. If the colours are faded, the flavour will have deteriorated.

### Pickled Mackerel

6 small mackerel, 4 bay leaves, 4 cloves, salt, pepper, 1 teaspoonful pepper corns, 1 pint brown vinegar, thyme, fennel, parsley.

Fillet the mackerel, wash and dry, sprinkle with fennel, thyme and parsley, (minced). Salt and pepper, put into a dish with a little butter, and bake. Boil the vinegar with the bay leaves and cloves for ten minutes; when cold strain over the fish (also cold), allow to stand for 4 hours. Garnish with parsley.

### Potted Mackerel

Prepare and cook the mackerel in just the same way as you would for the

pickled mackerel. After standing for two hours remove the skin and chop and pound the flesh, mix with sufficient of the liquid to bind the mixture. Pack into small jars and cover with melted butter. This paste must be kept in a refrigerator to keep fresh.

### Mackerel with onions

2 large mackerel or four small ones, 12 small onions, pinch of sugar,  $\frac{1}{4}$  lb. butter,  $\frac{1}{2}$  pint stock,  $\frac{1}{2}$  oz. cornflour, salt, pepper, 1 glass of white wine.

Put 1 oz. butter into a pan, add the onions and sugar, fry until brown, add the stock and simmer slowly until three parts cooked, then remove onions.

Clean and dress the mackerel, divide each fish in half, fry in 2 oz. butter, season them, pour over the wine and stock, boil until the mackerel are cooked. Lift out, add to the sauce the onions and a piece of butter and the flour, work together, cook for 5 minutes. Serve the fish, garnish with the onions, and pour over the sauce.

—Until May . . .

## R. C. CRAIG

AND CO. LTD.

SPECIALISTS IN THE REPAIR AND  
MAINTENANCE OF ALL TYPES OF MOWERS

★ Agents for: RANSOMES SIMS &  
JEFFERIES Ltd

★ LLOYDS & Co. Ltd.  
WEBBS LAWN MOWERS

★ Distributors: DENNIS BROS Ltd.

★ GANG MOWERS FOR HIRE

We will gladly call on you to  
advise on your grass cutting  
equipment or arrange demonstra-  
tions. Ring us now.

★

153 Arch Stamford Brook  
Station, LONDON, W.6.

RIVERSIDE 5415