

### Mackerel

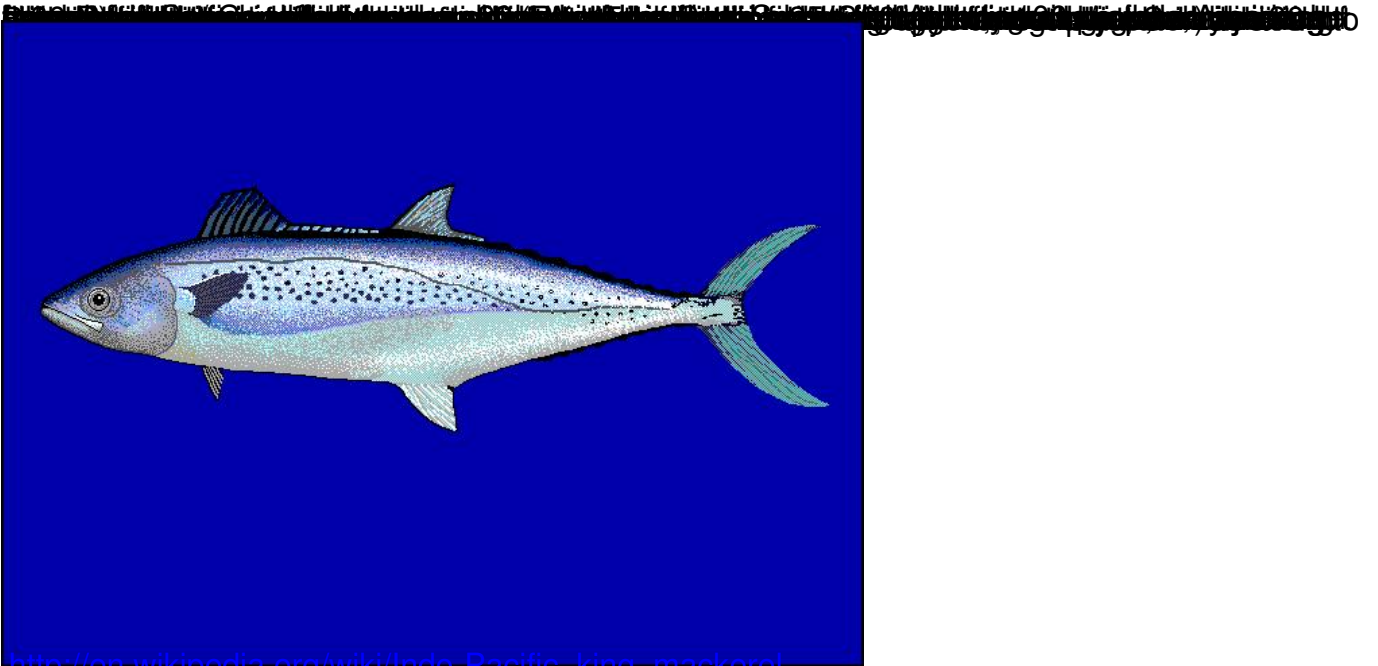
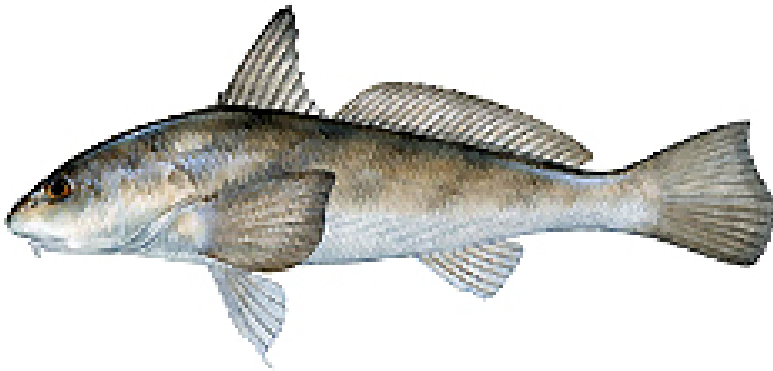
[*Rastrelliger kanagurta* ]



A highly commercial Indo-West Pacific mackerel found from the Red Sea and Madagascar to Samoa, these fish can grow to over 13 inches but the specimen in the photo was 8-1/2 inches and weighed 4-1/2 ounces. This fish is not considered threatened and is sold fresh, frozen, canned, dried-salted, smoked and made into fish sauce

As with most mackerels this one doesn't have a lot of scales and what it does have are small and scrape off easily. The Indian mackerel fillets rather easily, if you ignore the skirt which has practically no meat on it anyway. A fish weighing 4-1/2 ounces uncleaned will yield 2 oz of fillet. Don't bother trying to skin it, it'll break up. Pan fried skin-on, started skin side up, fillets do not curl, but filleting a bunch of these fish is rather a hassle.

King Mackerel - [*Scomberomorus cavalla*]



[http://en.wikipedia.org/wiki/Indo-Pacific\\_king\\_mackerel](http://en.wikipedia.org/wiki/Indo-Pacific_king_mackerel)