



Don't forget we still have several events planned at the Jack for the remainder of this year. On the 11th October you can hear the last in our series of Sunday evening jazz performances, this time with the brilliant Louise Parker. On Thursday 22nd come along for a great night as we hold our annual food and drink quiz. This is a chance to have a great meal, a few drinks, raise some money for the Wooden Spoon and hopefully win a prize or two. Then on November 22nd we'll be pulling out all the stops for our Portuguese Gourmet Wine Evening. *As always, please check our website for full details.*



Which? Good Food Guide Recommended



# 12 Months of Flavour

THE JACK IN THE GREEN INN

October 09

Mackerel. What could be better! It's plentiful, cheap, local, fabulous to eat and good for you. Perfect for that midweek lunch (surely our most neglected of meals) it's got to be better than a plastic wrapped sandwich and a packet of crisps. At their best towards the end of summer and into autumn, mackerel is a fish that takes to barbequing, poaching, baking and grilling and eats wonderfully well with nothing more than a squeeze of lemon.



Rockbeare, Near Exeter, Devon EX5 2EE. Telephone: 01404 822240. [www.jackinthegreen.uk.com](http://www.jackinthegreen.uk.com)

# Smoked Mackerel Pate

Serves 4



## Ingredients:

Four large smoked mackerel fillets, skinned and boned  
Juice of half a lemon  
Pinch of cayenne pepper  
250 g cream cheese  
50 ml single cream  
 $\frac{1}{2}$  teaspoon of English mustard  
Salt and pepper



## Method:

- 1). Blitz the smoked mackerel in a food processor along with the lemon juice and cayenne pepper for about sixty seconds.
- 2). Add the cream cheese, single cream and mustard and process to a smooth paste. Check the seasoning.
- 3). Spoon the mix into a suitable dish and refrigerate for at least an hour to set.
- 4). A little melted butter can be poured over the dish to prevent a skin from forming.
- 5). Enjoy with some hot thick crunchy toast, a sweet lettuce heart salad and creamy herb horseradish dressing.

## Tips:

This recipe would work equally well with smoked eel and serve with a wedge of apple and lime segments or beautiful in a crusty baguette with slices of tomato and ripe avocado.

Try replacing the mustard with a little horseradish and lime juice and opting for peppered mackerel for a variation.

Why not take a trip on one of the many mackerel fishing boats that chug out from our seaside towns, the boats provide rods and tackle so you're practically guaranteed to catch your supper.