

# New Quay mackerel supper



This recipe is based on a traditional 'Fishguard herring supper' – a one pot meal which you could serve with steamed broccoli or peas.

**Serves** 4 | **Prep** 15 minutes | **Cook** 45 minutes

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## Ingredients

4 medium mackerel fillets  
4 medium potatoes, peeled  
1 large onion  
1 eating apple  
1 heaped teaspoon mustard  
1 teaspoon chopped fresh sage  
3 tablespoons tarragon vinegar  
200ml Welsh cider\* or hot water  
good knob of butter  
Halen Môn\* sea salt and freshly-ground black pepper

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## Method

- 01 Clean the fish.
- 02 Spread insides with mustard and season with salt and pepper.
- 03 Line a greased ovenproof dish with thinly sliced potatoes, sliced onions and sliced apples. Sprinkle with sage, vinegar and seasoning.
- 04 Half fill the dish with cider or water.
- 05 Dot with butter and bake in a moderate oven, 160°C/Gas 3 for 30 minutes.
- 05 Remove from the oven and sit the mackerel fillets on top, skin up. Return to the oven and bake for a further 15 minutes until the fish is cooked through.

