Mary's Cooked Mackerel

Disclaimer

This resource is provided for informational and educational purposes only. As this resource refers to food items/ingredients, and hot appliances, you must ensure that an adequate risk assessment is carried out prior to using this resource. You must contact a suitably qualified professional if you are unsure. Twinkl is not responsible for the health and safety of your group or environment. It is your responsibility to ensure you are aware of the allergies and health conditions of anyone making or consuming these products.







Mary's Cooked Mackerel

3 Ingredients:

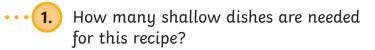
Serves 4

- 7 4 fresh mackerel fillets
- 11 $\frac{1}{2}$ cup porridge oats
- **13** 1 egg
- 16 butter (for frying)

17 Instructions

- Firstly, crack the egg into a shallow dish and beat
 lightly. Pour the oats into another shallow dish, then
 season with salt and pepper.
- 2. Pat dry the mackerel before rolling in the egg and then coating in the oats.
- 3. Melt a knob of butter in a large frying pan over a
 medium heat. Carefully, lay the fillets (skin down) in
 the pan.
- 904. Cook for 3-4 minutes on each side or until the coating97becomes crisp and nutty brown in colour.
- 5. Place the cooked fillets on to kitchen paper to remove excess oil.
- 111 6. Serve immediately.

Quick Questions





•••• Why do you think the word 'carefully' is used in the third step of the instructions?



Discuss what may happen if someone were to skip step 5 of the instructions.

In what ways does the layout of the text help the reader to follow the information?



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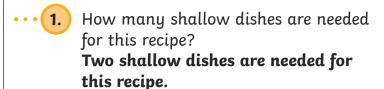
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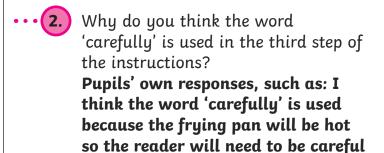
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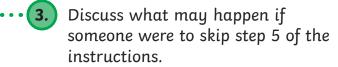
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Answers







not to burn themselves.

Pupils' own responses, such as: I think that, without removing the excess oil, the mackerel will be very greasy to eat and affect the taste and texture of the dish.

••• 4.) In what ways does the layout of the text help the reader to follow the information?

Pupils' own responses, such as: The ingredients allow the reader to prepare what is needed beforehand and

the step-by-step instructions show clearly how to follow the recipe.





