

Mary's Cooked Mackerel

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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

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

Quick Questions

- 1. How many shallow dishes are needed for this recipe?
- _____
- 2. Why do you think the word 'carefully' is used in the third step of the instructions?
- _____
- _____
- _____
- 3. Discuss what may happen if someone were to skip step 5 of the instructions.
- _____
- _____
- _____
- 4. In what ways does the layout of the text help the reader to follow the information?
- _____
- _____
- _____

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97 becomes crisp and nutty brown in colour.
- 107 5. Place the cooked fillets on to kitchen paper to remove
109 excess oil.
- 111 6. Serve immediately.

Answers

- 1. How many shallow dishes are needed for this recipe?
Two shallow dishes are needed for this recipe.
- 2. Why do you think the word 'carefully' is used in the third step of the instructions?
Pupils' own responses, such as: I think the word 'carefully' is used because the frying pan will be hot so the reader will need to be careful not to burn themselves.
- 3. Discuss what may happen if someone were to skip step 5 of the instructions.
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.

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