

# Greensmiths'

## Smoked Mackerel Pate

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A delicious starter recipe from one of Waterloo's favourite greengrocers. This is the recipe they use for the smoked mackerel pate they make and sell in the shop. Serves 5-8 people.

### Ingredients:

- Shopping list (total cost of ingredients £ 12.22)
- 1 packet of smoked mackerel fillets (around 200g)
- 1 tub of crème fraiche 200g
- 1 lemon (or 1 lazy lemon juice £0.95)
- 1 jar of creamed horseradish
- 1 black pepper mill
- 1 loaf of rye bread

### Method:

Peel the skin off the mackerel fillets and weigh them. Finely chop them or flake them with a fork for a coarser texture. Add the same quantity of crème fraiche and mix. Add the juice of half a lemon (or a couple of tablespoons of lazy lemon juice) and around 30ml (2 tbsp) of horseradish. Mix well and taste. Add more lemon juice and/or horseradish. Then add plenty of freshly ground black pepper and mix well. Makes around 400g of pate. We think the mix should be quite lemony as this balances the smokiness of the mackerel.

We recommend enjoying it on a slice of toasted rye bread from the Old Post office bakery.



**Happy eating and merry Christmas  
from Greensmiths!**