



### *Smoked Mackerel Pate*

- 1 smoked mackerel, 8 oz., with skin removed
- 7 oz. cream cheese
- 1-2 tsp. creamed horseradish
- crushed black pepper
- juice of one lemon

In a food processor, mix the flaked, smoked mackerel into the cream cheese. Season to taste with the horseradish, lemon juice and crushed black pepper. Serve with crackers, vegetables or sliced french bread.



*D*uring the summertime, my father smelled of fish scales. In fact, we all did. We got it everywhere, even in our hair, while catching mackerel in the boat my father built. My father was in World War II and had been torpedoed twice, amongst many other trials of war, so I have to say I always felt very safe when I was out in the boat with him. The only time you could cut the air with a knife was when I got the gut of the line trailing behind caught in the screw of the propeller. We drifted quietly out to sea, as my father went back and forth to untie it, muttering endless unmentionables!

He would tug on the line when I wasn't looking and I would start hauling it in with my father laughing his head off. It was a treasured connection to hear him laugh and see his eyes twinkle, even though I was the brunt of the joke. We spent many wonderful days out in the boat with family, friends and even the dog, on some occasions. My father insisted, in his 80's and with a wooden leg, that he go out sailing. He didn't say much when we were out in the boat. We would bob up and down on the waves, at one with the ocean and the wind. It felt timeless. What was so special was being with him as he did what he loved so much. That was worth more than the idle words of conversation.

We caught so many mackerel that my mother was always looking for different ways to cook it. We would have it soused (cooked in vinegar and water...onion, cloves black pepper and a bay leaf), covered in oatmeal and fried, smoked, hot or cold, every which way she could think of. Smoked mackerel was my favourite. It felt sophisticated and special.



*L*isanne Cole was born in the southwest of England. Upon leaving the warmth of her mother's womb, she realized that retaining her sense of humour was going to be part of her everyday attire, and that life was really a huge adventure. Her journey led her to music, which she now writes and performs. Also, humour became part of the show! She performs her work all over the world and has produced three CD's. Her music is very eclectic. She uses her voice as an instrument, creating sounds with frequencies and vibrations, ancient and new.

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