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This is not a feminist recipe, but...

My mum made it and now I do, so...

It used to be kipper paté but the bones were too fiddly, so...

It is a (by)product of a now-vanished thing

a life changing, free-at-the-point-of-use, higher education, so...

It is so easy the cat could make it, so...

It tastes bloody lovely, so...

But, so, maybe, it is, though.

Mackerel Paté Take a couple of smoked mackerel remove the skin and that layer of fat underneath although it does have all the omega business in it but still mash them up with some soured cream bread crumbs no crust white bread no ones said this was healthy garlic clove lemon juice and black pepper go in with a fork until it tastes and looks right texture should be creamy but not completely smooth it should have a bit of a kick of lemon and garlic put it in the fridge for a bitenjoy on a cracker.

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