

New Member  
**Welcome Committee**

**Capt. Ed Kearney, Chairman**



The purpose of the Welcome Committee is to contact new members, welcome them to the Association and answer any questions they may have about RISAA and its activities.

**Welcome new members  
 who joined last month!**

**Alan Brownstein**  
 Somerset, MA

**Bill McWha**  
 South Kingstown, RI

**Pat Conte**  
 Charlestown, RI

**Joseph Nadeau**  
 Charlestown, RI

**Joseph Ebert**  
 Medway, MA

**Arianna Roberts**  
 Leverett, MA

**Robert Long**  
 Warwick, RI

**YOUR NAME**  
 Should be here

**William McCusker**  
 Wakefield, RI

**NEWSLETTER DEADLINES**

Articles and submissions for the RISAA newsletter must be received by the 15th for the next month's publication. Items received after this date will be held until the following month.

Questions? Call the RISAA office at 401-826-2121 or send email to Editor@risaa.org



**Sauteed Mackerel with  
 Tomatoes and Onions**

We shared this recipe back in 2008, but it's worth repeating



**INGREDIENTS**

- 8 Mackerel Fillets
- 1/2 cup Flour, white
- 1/2 cup Cornmeal
- Canola oil, for sauté
- Basil, fresh, for garnish
- Tomato Sauce**
- 1 cup Sweet onion, sliced
- 2 tbsp. Garlic, chopped
- 1/2 cup Rice vinegar or cider vinegar
- 8 Tomatoes, large, peeled and chopped

**DIRECTIONS**

- Cook onions in a stainless pan to release juices and simmer, do not brown, oil is not necessary.
- Add garlic and cook for 2 minutes. Add vinegar, turn up heat and reduce to half. Add tomatoes and simmer for 10 minutes, and season to taste.
- Fillets should be cut in half to remove the dark line and bones that run from head of the fillet to the tail.
- Mix flour and cornmeal and dredge mackerel filets in the mixture.
- Sauté over high heat in just enough oil to avoid burning the fish. Cook approximately 1-1/2 minutes per side.
- Remove fish and wipe out pan. Return fish to pan and add sauce. Cook for 2 minutes more.
- Serve on a warm platter and garnish with fresh basil. Serve mackerel dish with steamed potatoes or pasta.

Got a recipe to share or request for a certain recipe?  
 Contact Sandie at sandie@risaa.org



[www.donsmarineri.com](http://www.donsmarineri.com)



**DON'S MARINE**  
 INCORPORATED

2503 Main Road  
 Tiverton, RI  
 401-624-3464



Fly Fishing • Light Tackle  
**On The Rocks Charters**

**Capt. Rene Letourneau**  
 401-359-3625

10% off to  
 RISAA members



[www.ontherockscharters.com](http://www.ontherockscharters.com)

