

Tucka Time!



Poached Teraglin With Julienne Vegetables

Ingredients

1 tbsp oil
¼ tsp cracked black pepper
3 tbsp Worcestershire sauce
160g pumpkin peeled and cut into thin strips
1 red capsicum, seeded and cut into thin strips
¼ cup freshly squeezed lime juice
4 Teraglin fillets 155 - 160g each cut into rectangles

¼ cup semi-sweet white wine
½ cup semi-sweet white wine (extra)
½ cup water
1 choko cut into strips
2 tbsp soy sauce
Watercress sprigs to garnish

Method

Heat oil and wine in a large frying pan over a moderate heat. Add the choko, pumpkin, red capsicum and pepper, and then stir for 2 minutes. Remove the vegetables with a slotted spoon and keep warm in an oven proof dish in a low oven. Add the extra wine, lime juice, soy sauce, Worcestershire sauce and water to the fry pan.

Bring to the boil, reduce heat to a simmer, and then add the teraglin fillets. Cover and cook fish for 4 minutes each side or until cooked through. Arrange vegetables on each serving plate and place teraglin fillets on top then garnish with watercress sprigs. Serves 4



Line strengths shown are suitable in up to 25m of water. Use 20 to 30kg in water up to 55m and 35 to 40kg mono in water up to 85m deep. Add an extra 5 to 10kg to line strength when using a hand line.

MACKEREL

“Have the heart pills handy, the adrenaline rush will have you shaking at the knees”

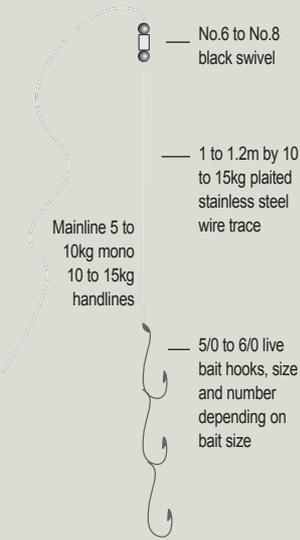


Well, as you will see there's a few different mackerel out there for the taking, and all can be caught by the same or similar techniques to those in this article. It would be a fair comment to say that spanish mackerel are at the top of the list for most anglers, probably because it's the largest of the mackerel family, makes for a real good pig out, and gives thrilling sport on light game tackle. However, amongst some schools of anglers, one gets the feeling that pound for pound the spottie could take the mantle when the battle starts. In this area, school and spotted mackerel appear to be more abundant than spaniards, but this shouldn't worry anyone as these two come up with the

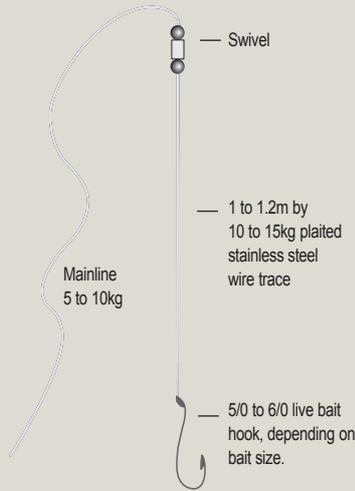
goods as sports fish and at the table. Where as occasional catches of mackerel can be had throughout the entire year, it is thought that spanish and school mackerel are more prolific from mid winter to early spring while spotties appear in greater numbers during the mid to late summer months. Average size expectations will have spanish mackerel around 18kg, schoolies at 2 to 3kg and spotties about 4kg. Spotties and spaniards are best fished for in the early morning, late afternoon, as well as throughout the entire day when the sky is overcast or with rain squalls. Day or night doesn't worry schoolies too much, although when they enter the bays, where they

gather around some of the weed banks and gutters, we feel that after dusk could be the go. All seem to favour a rising tide, with a breeze up to 15 knots from the south east being quite acceptable. A bit of berley made from chopped garfish or pilchards will go a long way towards attracting mackerel to your bait. A huge range of baits can be used for mackerel, take your pick from the following. W.A. pilchards, sauri, squid, cut or whole tailor, gar and squire, small hardyheads, yakkas, mullet or prawns. Trolling with lures, such as jet-heads or large skirted lures is highly productive, and casting to the far side of a school, from a drifting or stationary boat, and quickly retrieving a deep

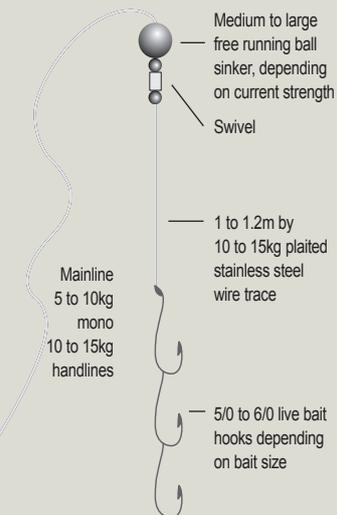
SCHOOL & SPOTTED MACKEREL RIG No. 1



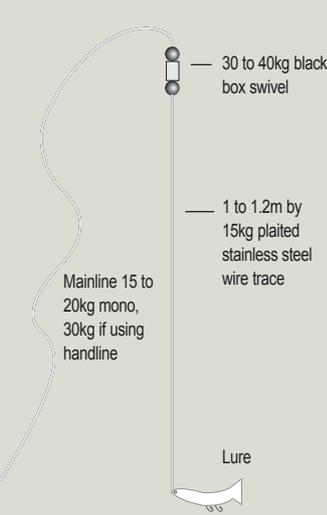
SCHOOL & SPOTTED MACKEREL No. 4



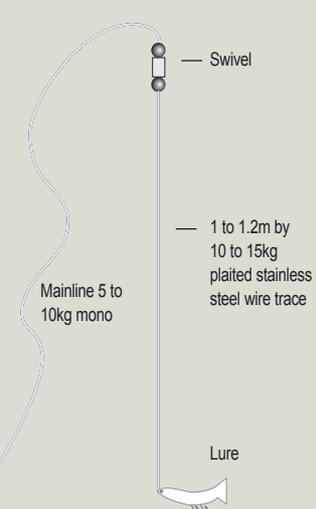
SCHOOL & SPOTTED MACKEREL No. 2



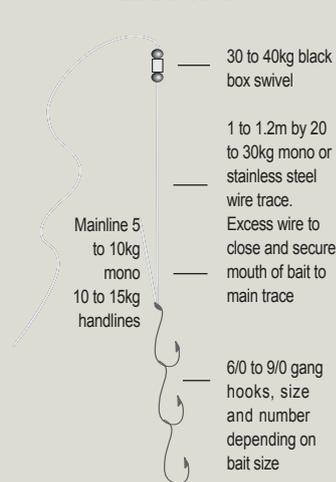
SPANISH MACKEREL LURE - TROLL No. 5



SCHOOL & SPOTTED MACKEREL No. 3



SPANISH MACKEREL SHALLOW TROLL - BAIT No. 6



BAIT: W.A. Pilchards, small Hardy heads & Mullet, Squid, Yakkas.

diving lure will reap results also. As a word of warning, mackerel have bloody great big mean teeth, so carry a “donger” on board and give ‘em a real good upper cut to the back of the head to beat them into submission. Cut their throat and bleed as soon as possible, place into ice slurry.

RODS, REELS AND RIGS

For the benefit of spanish mackerel, get your mitts around a good quality offshore rod, to suit the individual, and make sure it will handle a lot of pressure. This’ll be a bit of overkill for spotties and schoolies, but it’s best to have your bum well covered. Attach a large overhead or egg-beater reel to the stick.

HOW TO CATCH MACKEREL

Using rig No.1 or 8 anchor or let boat drift. Cast out, let the bait drift around.

Rig No. 2, anchor boat and lower the bait to the bottom, wait for the strike.

Rig No. 3, 5, 6 and 7 troll with lure or bait between 30 and 70m behind the boat at speeds between 2 and 4 knots approx.

Rig No. 3, anchor or let boat drift and cast deep diving lure to the far side of the school, retrieve lure quickly.

Rig No. 4, although best used on the drift or from an anchored boat you can use this rig to troll live baits at idling speed between 30 and 70m behind boat.

Yakkas, mullet and tailor are excellent live baits and some of these can be caught by jiggging a bait rig on the

sunken wrecks or closer inshore reefs in the area. Use a rig similar to that shown for summer whiting with a No. 8 short shank hook.

Mackerel will hit a bait or lure full of mean intent and viciousness, then take off quicker than you can do your dough on the pokies. Have the drag set firm and at first indication of a hook-up lift rod tip upright and set the hooks. Once the hooks are set the fish will make a strong run, keep rod upright and allow the fish to run until it tires and turns, then use a lift and wind action to retrieve fish. The fish will usually make several more runs, so when these start just keep the rod upright until once again it tires and turns and then use the lift and wind action. This method will eventually tire the fish and allow it to be retrieved and gaffed.





Tips on Mackerel

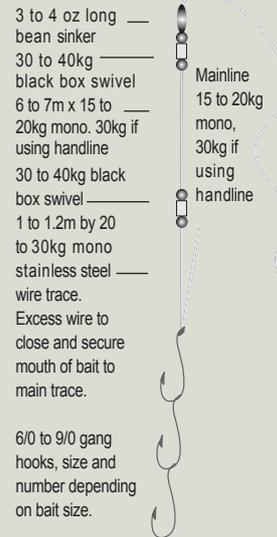
1. When using live baits, pass the hook sideways through the fish just in front of the nose.
2. If using cut pilchards, cut pilchards on a 30 degree angle across the body.
3. Try to cover the hook completely when using cut baits.
4. When using whole dead baits such as gar or tailor, break the backbone in a few places to make the bait flexible. This will help to give the bait a more natural swimming action when being trolled through the water.
5. Whole dead baits such as pilchards, gar or tailor should go onto gang hooks.
6. A berley bucket (available at Bait & Tackle shops) attached to the back of the boat makes good sense in trying to attract fish to your area when anchored or on the drift. Fill the bucket with old pilchards, finely chopped fish pieces and a good splash of tuna oil. Lower into the water and stir up every so often to allow a berley trail to form.
7. When fishing at anchor, it's a good idea to stay well clear of other anchored boats. Say 200m minimum. This will reduce the chance of the fish fouling up on other lines and anchors when it makes it's run. Show good manners and give everyone a bit of space.

AUSTRALIAN VOLUNTEER COAST GUARD & ROYAL VOLUNTEER COASTAL PATROL CONTACT NUMBERS

	CALL SIGN	PHONE NUMBER (02)
AVCG Mallacoota	VMR 375	(03) 5158 0245
RVCP Eden	VMR 201	6496 2167
RVCP Merimbula	VMR 202	6495 3331
AVCG Bermagui	VMR 269	6493 4506
RVCP Narooma	VMR 203	4476 1443
RYCP Moruya	VMR 204	4474 2770
RVCP Batemans Bay	VMR 205	4472 3060
AVCG Shellharbour	VMR 266	4297 3999
AVCG Lake Illawarra	VMR 267	4271 8735
AVCG Port Kembla	VMR 267	4274 4455
AVCG Bellambi	VMR 276	4284 8822
AVCG Solander. Pt. Hacking	VMR 275	9668 9888
RVCP Botany Bay	VMR 211	9567 7113
AVCG Solander. Botany Bay	VMR 275	9668 9888
AVCG Solander	VMR 275	9668 9888
AVCG Birkenhead	VMR 262	9337 5033
RVCP Sydney	VMR 212	9969 3270
AVCG Sydney	VMR 261	9337 5033
RVCP Terry Hills	VMR 225	9450 2468
AVCG Cottage Point	VMR 263	9456 3055
RVCP Broken Bay	VMR 213	9999 3554
RVCP Hawkesbury	VMR 214	9985 9012
AVCG Swansea	VMR 264	4971 3498
AVCG Port Stephens	VMR 265	4982 4981
RVCP Forster/Tuncurry	VMR 218	6554 5458
RVCP Crowdy/Harrington	VMR 219	6556 1830
RVCP Trial Bay. S/W Rocks	VMR 221	6566 5240
RVCP Coffs Harbour	VMR 223	6652 3155
AVCG Illuka/Yamba	VMR 257	6646 6311
AVCG Evans Head	VMR 259	6682 4888
AVCG Ballina	VMR 250	6686 4957
AVCG Kingscliff	VMR 251	6674 2451
AVCG Southport	VMR 440	5531 1421

The AVCG & RVCP are always looking for new recruits. If you love boating or handling radio equipment & have time to give to these great services, get in touch with your nearest VMR Team. You will be welcomed with open arms. As always donations are greatly appreciated.

SPANISH MACKEREL DEEP TROLL - BAIT No. 7



SPANISH MACKEREL LIVE BAIT RIG FROM ANCHORED BOAT No. 8

