



# recipe book

new recipes added january 2011





| walleye



(*Sander vitreus*) Walleye's firm and lean white-fleshed meat delivers a mild and sweet flavor and is available through Freshwater Fish in whole, filleted, portioned or minced form. Walleye is delicious served pan-fried, deep-fried, broiled or baked.





## Green Curry Noodles with Walleye

---

2 cups Freshwater Fish walleye fillets, sliced
12 oz dried Japanese spinach noodles or spinach spaghetti
1/4 cup vegetable oil
3 tbsp Thai green curry paste
1 tbsp fish sauce
1/2 tsp sugar
1 cup green beans, halved lengthwise
1 red or yellow pepper, julienned
1/2 cup unsweetened coconut milk
1/2 cup vegetable stock
1/4 cup fresh basil, finely chopped
2 tbsp fresh coriander, finely chopped
1 tbsp lime juice
Lime wedges for garnish

---

In large pot of boiling salted water, cook noodles for 5 minutes or until al dente. Drain well and reserve.

Meanwhile, heat oil in wok over high heat. Add curry paste and cook, stirring for 1 minute or until fragrant. Stir in fish sauce and sugar. Add green beans, pepper and walleye and stir fry for 3 minutes. Stir in coconut milk and stock and bring to a boil; cook for 3 minutes or until beans are tender and walleye is translucent. Stir in basil, coriander and lime juice; add noodles and cook, tossing to combine, for 1 minute or until heated through.

Serve with lime wedges on the side.

Serves 4



## Herbed Walleye

Freshwater Fish thanks Peak of the Market from Winnipeg, MB, for this delicious recipe!

---

4 Freshwater Fish walleye fillets or any other white fish

---

2 tsp olive oil

---

2/3 cup onion, chopped

---

1 tsp garlic, minced

---

2 cups cherry tomatoes, halved

---

1 tsp dried basil

---

1 tsp dried oregano

---

1 tsp dried parsley flakes

---

2 tbsp lemon juice, freshly squeezed

---

Salt and pepper

---

1/2 cup water

---

Heat oil in a skillet. Add onion and garlic and sauté until golden. Stir in tomatoes, basil, oregano, parsley and lemon juice.

Lay walleye on top of the sauce in skillet, sprinkle with salt and pepper. Pour in water, cover and steam for 10 minutes or until fish flakes easily.

Serve over brown or wild rice. Spoon tomato and herb sauce over the walleye.

Serves 4







# Crunchy Wasabi-Crusted Walleye Burger with Red-Cabbage Slaw

## Fish

---

4 – 6 oz Freshwater Fish skinless walleye fillets

---

1/2 tsp salt

---

1-1/2 tsp wasabi paste

---

1/2 cup mayonnaise

---

1 to 1-1/4 cups panko breadcrumbs

---

## Slaw

---

1/4 cup distilled white vinegar

---

1 tsp sugar

---

1/2 tsp dry mustard

---

3/4 tsp salt

---

1 seedless cucumber

---

4 cups red cabbage, shredded

---

Prepare the fish. Put oven rack in upper third of oven and preheat oven to 400°F. Line a shallow baking pan with foil.

Pat fillets dry, then arrange in baking pan. Sprinkle salt over fillets. Stir together wasabi paste and mayonnaise in a bowl, then spread tops of fillets with half of mayonnaise and sprinkle with half of panko. Turn fillets over, spread with remaining mayonnaise and sprinkle with remaining crumbs.

Bake until fish is just cooked through, 12 to 16 minutes. Then broil 4 to 6 inches from heat until crumbs on top are golden brown, 1 to 2 minutes.

While the fish bakes, make the slaw. Stir together vinegar, sugar, mustard and salt in a bowl until sugar is dissolved. Halve cucumber lengthwise and slice thinly. Add to dressing along with cabbage and stir to coat. Serve slaw alongside fish.

Garnish with pickled ginger.

Serves 4



## Citrus Walleye Kebabs

- 
- 1 lb Freshwater Fish walleye fillets, cut into 3/4 inch cubes (24 pieces)

---

  - 1 each lemon and orange, zested and juiced

---

  - 2 limes, 1 zested and juiced

---

  - 1 tbsp + 1 tsp olive oil, divided

---

  - 2 garlic cloves, minced

---

  - 1 tbsp brown sugar

---

  - 1 tbsp honey

---

  - 1 tsp soy sauce

---

  - 1 tsp fresh grated ginger

---

  - 1 green pepper, cut into 3/4 inch wedges

---

  - 1/4 red onion, cut into 3/4 inch wedges

---

In a plastic food storage bag with a re-sealable top, combine lemon, orange and lime zests, 1 tbsp olive oil and minced garlic. Season with salt and pepper. Add walleye, seal and chill for 30 minutes.

Make the citrus glaze. In a small saucepan over high heat, bring orange, lemon and lime juices, brown sugar, honey, soy sauce and ginger to a boil. Cook for 8 minutes, or until thickened into a syrup.

Remove from heat and set aside. Remove walleye from marinade. Cut remaining lime in half lengthwise, then cut each half crosswise into 4 slices.

Thread eight metal skewers with walleye, pepper, red onion and lime slices. Brush each kebab with citrus glaze.

Coat grill with cooking spray. Heat to medium high for direct heat. Grill kebabs for 5 to 8 minutes, turning occasionally and brushing with remaining glaze.

Serves 4



## Walleye Pastries with Dill Pesto

3/4 lb Freshwater Fish walleye fillet
1/2 cup fresh dill, chopped and lightly packed
1/3 cup light olive oil
1/4 cup walnuts, chopped
1/4 cup lime juice, freshly squeezed
1 clove garlic
1 tbsp Dijon mustard
2/3 cup Parmesan cheese, shredded
Salt and pepper
1 box refrigerated pie crusts, softened as directed on box
Dill sprigs

Heat oven to 400°F.

In food processor (use metal blade) or blender, place chopped dill, oil, walnuts, lime juice, garlic, mustard, 1/2 cup cheese, salt and pepper. Cover and blend into a smooth pesto, stopping once to scrape the sides of the bowl.

If walleye has skin or bones, remove them; rinse fillet and pat dry with paper towel. Cut walleye into 1 inch cubes (24 pieces).

On cutting board, roll 1 pie crust into 12 inch round. Cut into 12 rectangles, each about 4 inches by 3 inches. Rectangles cut at the edge of the crust will have a rounded side. Repeat with remaining crust.

Spoon 1 level teaspoon of dill pesto onto the center of each rectangle; top with 1 walleye cube. Bring the corners of the pastry over the filling and pinch at the top; pinch sides together, leaving small openings to vent steam. Place pastries 1 inch apart on a large, ungreased cookie sheet.

Bake 20 to 25 minutes or until golden brown.

Place remaining pesto in small re-sealable food-storage plastic bag. Cut the tip off the bottom corner of the bag; squeeze bag to drizzle pesto over serving plate. Place pastries on serving plate. Sprinkle pastries with remaining cheese and garnish with dill sprigs. Serve warm.

Makes 24 appetizers









# Panko Coconut Walleye Strips

## Fish

---

1-1/2 lbs Freshwater Fish walleye, cut into strips

---

1 cup flour

---

1/2 tsp salt

---

1/2 tsp pepper

---

2 eggs, beaten

---

1 cup sweetened coconut

---

1 cup panko bread crumbs

---

## Dipping sauce

---

1/2 cup marmalade

---

1/2 cup Dijon mustard

---

1/4 cup honey

---

1 teaspoon hot sauce

---

Prepare three bowls for coating the walleye strips. In the first bowl, combine the flour, salt and pepper. In the second bowl, beat two eggs. In the third bowl, combine the coconut and panko bread crumbs.

Dredge the walleye strips in the flour mixture, then coat with egg. Completely cover with coconut panko mixture. Place fish strips on a wire rack on a cookie sheet.

Bake at 350°F until crispy, approximately, 15 minutes.

Mix the dipping sauce ingredients and serve with the walleye strips.

Serves 4



# Orange Pecan Walleye with Wild Rice

Thanks to Chef Christian Ticarro in Minnesota for this delicious walleye recipe.

## Walleye fillets

---

2 Freshwater Fish walleye fillets, 8 to 10 oz each

---

Salt and pepper

Canola oil

---

Season walleye fillets with salt and pepper. Sear fish top side down in a hot pan with a little bit of canola oil until almost cooked through, about 5 minutes. Remove from heat.

## Orange pecan sauce

---

1 to 2 shallots

1/4 cup white wine

---

1 sprig fresh thyme (optional)

Splash of heavy cream

---

1/2 tsp unsalted butter

Lemon juice

---

Orange juice concentrate

Salt and pepper

---

Toasted pecan pieces

---

Roughly chop shallots. Add wine, shallots and thyme to sauce pot; reduce until almost dry. Add cream and butter into mixture. Strain out shallots and thyme. Season with lemon juice, orange juice concentrate, salt, pepper and toasted pecans. Pour butter sauce over walleye and serve with wild rice.

## Wild rice

---

2 cups wild rice

Chicken stock or water

---

1/4 cup dried white figs

1/4 cup diced dried apple

---

Salt and pepper

---

Cook rice using chicken stock or water. Add figs, dried apple and salt and pepper with rice.

Serves 2



# Walleye with Asian Vegetables and Crispy Noodles

## Walleye fillet

1 Freshwater Fish walleye fillet, about 8 oz	
1 cup all-purpose flour	1/4 tsp Five Spice Powder
Toasted sesame seeds for garnish	

Blend flour, Five Spice Powder and seasoning in bowl with a wire whisk or fork. Dredge walleye fillets in flour mixture. Sauté in very hot peanut oil on both sides until just cooked and golden brown.

## Sauce

1 tsp red chili paste	1 tbsp peanut oil
1 tsp sesame oil	1 tbsp soy sauce
2 tbsp Hoisin sauce	1/2 tsp fresh minced ginger
1 tbsp rice wine or sake	

Prepare sauce ahead of time by combining all ingredients in a bowl. Blend well with whisk. Set aside.

## Crispy noodles

1 cup vermicelli noodles	1 cup peanut oil
--------------------------	------------------

Fry cooked noodles in very hot peanut oil, turning once to cook both sides evenly. Drain on paper towel and set aside.

## Asian vegetables julienned

1/4 cup leek	1/4 cup bell pepper
1/4 cup carrot	1/4 cup bamboo shoots
1 tbsp peanut oil	1 garlic clove, minced
Salt and white pepper to taste	

Heat peanut oil in pan. When the oil is very hot, add garlic then remaining vegetables. Sauté until just tender. Season and set aside.

Serves 1







## Walleye Cakes with Chipotle Mayonnaise

Walleye cakes make a wonderful starter. Serve on a bed of fresh arugula with chipotle mayonnaise and slices of fresh lime.

### Chipotle mayonnaise

2 cups mayonnaise	1 chipotle pepper
1 garlic clove, minced	1 tsp fresh lime juice
Salt and black pepper	1/8 tsp ground cumin
2 tbsp sweet red bell pepper, diced	

Prepare chipotle mayonnaise ahead of time. Combine mayonnaise, chipotle, garlic, lime juice, salt and pepper in food processor. Blend well. Remove from blender and fold in diced red pepper and cumin. Refrigerate until ready to serve.

### Walleye cakes

1 lb Freshwater Fish walleye fillets, skinned and chopped	
1 tbsp unsalted butter	1/4 cup onion, medium diced
1 egg, beaten	1 tbsp mayonnaise
1 tbsp whole grain mustard	1 tbsp fresh parsley, chopped
1/4 tsp black pepper	1/4 tsp celery salt
2 tbsp breadcrumbs, medium diced	2 tbsp unsalted butter

Grind about a third of the walleye fillets and chop the rest. Place in a bowl and combine with butter, onion, egg, mayonnaise, mustard, parsley, pepper and celery salt. Add breadcrumbs gradually to cakes, using just enough to bind the mixture together. Too many breadcrumbs will result in dry cakes.

Form mixture into four cake portions by hand and flatten slightly. For ease in cooking, chill to set.

Heat butter in heavy bottomed sauté pan and cook cakes on each side until golden brown and cooked through. Remove from pan and pat dry with paper towel. Serve with chipotle mayonnaise.

Serves 4 as an appetizer



## Crispy Beer-Battered Walleye

Serve this easy-to-make beer-battered walleye as an appetizer or entrée.  
Try different beers – porter, stout, lager – to see what you like best.

### Beer batter

1-1/3 cup all-purpose flour	1/3 cup cornstarch
1/2 tsp salt	1/2 tsp pepper
1 egg, beaten	1/3 cup plain yogurt
1-1/2 cup beer	

Combine flour, cornstarch, salt and pepper.

In separate bowl, combine egg and yogurt. Fold into dry ingredients. Add beer. Batter should be very stiff.

Refrigerate batter in tightly covered container until ready to use. If batter seems too stiff, additional beer may be added. For best results, use batter the same day.

Makes about 3-3/4 cups batter.

### Walleye fillets

1 Freshwater Fish walleye fillet, skin on or off (at least 6 oz)	
2 tbsps all-purpose flour	Beer batter to coat (below)
Lemon slices	Tartar sauce

Dredge walleye fillet in flour and dip in beer batter. Cook in preheated deep fryer (375°F) until golden brown. The walleye fillet will rise to the surface when done.

Serve with lemon slices and tartar sauce.

Serves 1



## Walleye Under the Broiler

Serve broiled walleye fillets with fresh asparagus spears and baby carrots. If desired, keep the carrot tops intact for flourish! Garnish with a slice of fresh lemon.

### Walleye fillets

---

1 Freshwater Fish walleye fillet, skin on (at least 6 oz)

---

2 tbsp canola or olive oil or melted butter

---

1-1/2 tsp seasonings of choice, such as garlic, celery or lemon salt, thyme, tarragon, turmeric, pepper

---

Brush fillets with oil or butter and sprinkle with seasonings. Place skin side down on a lightly oiled pan.

Broil until done. Do not place the fillet too close to the broiler or walleye may dry out and scorch.

Serves 1



# Plank-Broiled Walleye with Whipped Garlic Potatoes and Pepper Ragout

The whipped potatoes and pepper ragout in this hearty dish can be made ahead of time.

## Garlic Whipped Potatoes

1 lb potatoes, peeled & quartered	2 quarts cold water
1 tsp salt	1 tbsp unsalted butter, softened
2 oz whole milk, scalded	1 clove oven roasted garlic, pureed

Place quartered potatoes in cold water with salt in large stockpot. Bring to a simmer and cook until tender. Drain.

Whip potatoes with an electric beater. Slowly add garlic puree and hot milk until blended. Finish with butter, salt and pepper. Keep warm.

## Pepper Ragout

1 tbsp olive oil	1 shallot, minced
1/2 tsp dried oregano	1 tbsp sherry cooking wine
2 cups red and yellow bell peppers, chopped	
1 plum tomato, peeled, seeded and diced	

Heat olive oil in sauté pan. When very hot, add shallot and dried oregano. Add peppers and cook until moisture is released. Deglaze pan by adding sherry. Add tomato and season with salt and pepper. Keep warm and set aside.

## Walleye Fillet

1 Freshwater Fish walleye fillet (8 oz)	
1 tbsp olive oil	1 tsp fresh lemon juice

Season walleye fillet with olive oil, lemon juice, salt and pepper. Coat well.

Place ragout on the center of a broiler-safe oak plank board or serving plate. Place the walleye fillet on top of the ragout. Add whipped potato to the fillet. Place the plank under the broiler and cook until fish is just done.

Serves 1





# Canadian Walleye Chowder

This luscious walleye chowder is easy to make.

---

8 tbsp butter, unsalted
1 cup yellow onion, diced large
1-1/4 cup carrot, peeled and diced large
1-1/4 cup celery stalk, diced large
1 tbsp fresh thyme, chopped fine
1/2 bay leaf
1 tsp apple cider vinegar
8 tbsp all-purpose flour
3 medium red potatoes cut into 1-inch pieces
6 cups whole milk
3/4 cup prepared fish stock or clam juice
1 cup whole kernel corn
1 tbsp fresh parsley, chopped fine
1 lb Freshwater Fish walleye fillets, skinned and cut in 1-inch cubes
Salt and pepper to taste

---

Heat butter in heavy-bottomed stockpot. Add onion, carrot, celery, thyme and bay leaf. Sauté until onions are clear. Add vinegar and stir. Add flour and cook until thickened.

Add potatoes, milk and fish stock. Bring to a simmer. Cook until potato pieces are tender (test with a fork).

Add corn, parsley and walleye pieces. Chowder may be thinned to desired consistency by adding milk. Season and serve.

Serves 12



## Sautéed Walleye with Citrus Caper Sauce

Citrus caper sauce is delicious over pan-fried walleye.

---

2 tbsp all-purpose flour

---

Salt and pepper to taste

---

1 Freshwater Fish walleye fillet, skin on (6 to 8 oz)

---

2 tbsp canola or olive oil for frying

---

1/2 cup white wine, such as a dry sauvignon blanc

---

2 tbsp lemon juice, freshly squeezed

---

1 tbsp butter, cold

---

1 tbsp capers, rinsed and drained

---

Combine flour and seasonings. Dredge walleye fillet.

Heat oil in heavy skillet over medium high heat. Sauté fillet about 2 minutes per side. Remove from pan and keep warm.

Add wine and lemon juice to pan and deglaze, reducing liquid by half. Remove sauce from heat and strain. Add capers and butter. Drizzle sauce over walleye and serve immediately.

Serves 1



## Stuffed Walleye Parmesan Firenze

This rich dish makes a lovely presentation. Each rolled walleye fillet is filled with Florentine mixture and melted cheese.

---

1/2 cup Italian sausage, precooked and diced small

---

1/4 cup scallions, minced

---

1 cup pine nuts, toasted

---

12 cups spinach, cleaned, stems removed

---

12 Freshwater Fish walleye fillets, skin off (at least 6 oz each)

---

6 cups Parmesan cheese, grated

---

1/2 cup butter, melted

---

Juice from 1/4 lemon

---

Slice each walleye fillet lengthwise into two strips, each roughly 1 to 1-1/2 inches wide. If parts of the strip are thick, pound lightly to even out.

Sauté sausage in pan. Drain excess oil. Add scallions, pine nuts and spinach, stirring lightly.

Place walleye strips skinned side up on plate. Top with even layer of spinach mixture. Sprinkle with grated cheese, roll up and secure with a toothpick. Place in baking pan.

Combine melted butter and lemon juice. Drizzle over walleye rolls. Bake at 400° F for 8 to 12 minutes until heated through.

Serving suggestion: Place walleye rolls on plate with fresh ripe tomato slices. Sprinkle with finely chopped parsley and toasted pine nuts. Include a basket of hot olive flatbread or rosemary herbed rolls.

Serves 12







## Golden Pan-Fried Walleye

Pan-fried walleye makes a simple, delicious meal. Serve with baby red potatoes, asparagus spears and a crisp green salad. Excellent with a light, fruity wine.

---

1 Freshwater Fish walleye fillet, skin on (at least 6 oz)

---

2 tbsp flour

---

1 to 2 tbsp cornmeal, bread or cracker crumbs

---

1/2 tsp seasonings of choice, such as garlic, celery or lemon salt, tarragon, thyme, turmeric, pepper, other herbs/spices

---

1 egg, beaten

---

2 tbsp canola or olive oil

---

Combine cornmeal/crumbs and seasonings.

Rinse walleye fillet and pat dry. Dredge both sides in flour. Dip walleye fillet in beaten egg (one egg is enough for about four fillets). Shake off excess liquid and then dip fillet lightly in seasoned cornmeal/crumb mixture until coated on both sides.

Pan fry walleye fillet in oil over medium high heat, skin side down, for 3 minutes. Turn and fry skin side up for 2 minutes, then turn again and fry skin side down for 2 more minutes. Total time may vary based on size of fillet. Serve immediately.

Serves 1



## Canadian Walleye Poached in Paper

Poaching walleye in paper is a fabulous way to prepare this tender fish. This low fat meal is elegant served in the paper.

---

1 Freshwater Fish walleye fillet (8 oz)

---

Salt and white pepper to taste

---

2 tbsp carrot, julienned

---

2 tbsp red onion, julienned

---

2 tbsp zucchini or summer squash, julienned

---

2 tbsp white cooking wine

---

2 whole black peppercorns

---

1 garlic clove, crushed

---

1 sprig fresh tarragon

---

Parchment paper, 18 x 24 inches

---

Fold parchment paper in half and cut into a semicircle so that when unfolded it resembles a heart shape. Paper should be cut large enough so that when folded, it will hold fillet and vegetables with room to spare. Unfold parchment to assemble ingredients.

Season walleye fillet with salt and white pepper. Place mixture of julienned vegetables on one side of parchment, slightly mounded. Place walleye fillet over vegetables. Add white cooking wine, black peppercorns, garlic clove and tarragon sprig.

Fold one side of parchment over the fish to match up edges. Starting at one end of the opening, begin crimp-folding the paper. Fold the edges of the parchment paper together, one fold over another from the outside of the packet until it is tight to the fish. Tuck the last fold under the packet to hold it secure. Work your way around the packet.

Place parchment packet in a shallow baking pan. Bake in a preheated oven at 425°F until fish is cooked through, about 12 to 15 minutes.

Carefully cut a slice through the packet and peel back paper just enough to show off fish. If desired, add fresh tarragon for garnish.

Serves 1



## Walleye Ceviche

This refreshingly delicious ceviche-style walleye appetizer takes time to marinate, but the end result is superb. Jalapeño peppers add zing to the fresh tomatoes and red peppers. Serve in chilled glasses for an elegant presentation.

---

1/2 cup lemon juice, fresh squeezed
1/2 cup lime juice, fresh squeezed
1 tsp tequila (optional)
1 jalapeño pepper, finely diced
1/4 cup sweet onion, diced small
1 tbsp fresh garlic, minced
1/2 tsp salt
1 lb Freshwater Fish walleye fillets, skin and bones removed
1/2 cup sweet red peppers, diced in 1/2 inch cubes
1/4 cup celery, finely chopped
2 tbsp fresh cilantro, chopped
1/2 cup plum tomatoes, skinned and seeded, diced in 1/2 inch cubes
Lemon or lime wedges to garnish

---

Combine lemon juice, lime juice, tequila, jalapeño, sweet onion, garlic and salt in bowl. Set aside.

Cut walleye fillets into 1/2 inch chunks. Fold chunks into juice mixture. Tightly cover and refrigerate 24 hours, stirring to incorporate flavors as needed.

Just before serving, carefully fold pepper, celery, cilantro and plum tomato pieces into walleye mixture. Place in chilled glasses.

Serves 4 to 6



## Walleye Fillet Cups

Thanks to Linda Vernon for sharing her delicious, heart-healthy recipe!

---

1 lb Freshwater Fish walleye fillets

---

Salt and lemon pepper to taste

---

3 tbsp chopped onion

---

3/4 cup chopped tomato

---

1 tbsp lemon juice

---

1/4 to 1/2 tsp salt

---

1/4 to 1/2 tsp pepper

---

1-1/2 tbsp melted butter

---

Pat fillets dry and slice into strips about 6 by 2 inches. Season fish on both sides with salt and lemon pepper.

Spray muffin tins with cooking oil. Line greased muffin tins or custard cups with fillets. If fillets are small, use two or more pieces to complete the ring.

Combine remaining ingredients and fill centers of walleye cups. Bake at 450°F for 15 minutes. Remove carefully from cups to serving plates.

Notes: Ilana Simon tested this recipe in the Winnipeg Free Press Recipe Swap. She recommends lightly sautéing the onions, adding the tomatoes to the skillet for just a minute when onions are nearly softened.

**Makes 6 fillet cups**





## Walleye Fillets Stuffed with Scallops

Thanks to Lee Major, a gourmet chef and one of the '2 Grumpy Guys in the Kitchen,' for sharing this wonderful recipe, passed along from Master Chef Tony Murakami of the St. Charles Country Club.

---

6 Freshwater Fish walleye fillets (about 8 oz. each)

---

1 lb scallops

---

2 tbsp cream

---

1 medium white onion

---

Juice of 1 lemon

---

1 tbsp butter

---

2 cups fish stock or 3/4 cup Clamato juice

---

1/2 cup white wine

---

4 tbsp frozen butter

---

4 tbsp whipping cream

---

In a blender, chop the scallops. Add cream, onion, lemon juice and 1 tbsp butter. Blend until smooth. Place a portion of the scallop mixture on each pickerel fillet and roll the fillet.

Place walleye rolls in a fish poacher or pan. Add Clamato or fish stock and white wine. Cover and bake for 20 minutes at 450°F. Remove rolls and keep them warm.

Transfer fish broth to the stove top and reduce by three-quarters. Add frozen butter and cream until thick. Add lemon juice and pour over fish rolls.

Serves 6



## Walleye with Lemon Caper Butter Sauce

---

2 Freshwater Fish walleye fillets, 6 to 8 oz each

---

1/4 cup capers

---

Salt and pepper

---

Juice of 1/2 lemon

---

Flour

---

1 cup dry white wine

---

4 tbsp olive oil for frying

---

2 tbsp cold unsalted butter

---

Season walleye fillets with salt and pepper and coat lightly with flour.

Heat oil in heavy skillet over medium high heat. Add walleye fillets and sauté 2 minutes per side until just cooked through. Transfer to plate and keep warm.

Deglaze the pan used to sauté the walleye with the white wine and lemon juice. Reduce liquid by half and add the capers. Add the butter a little at a time, whisking until all is incorporated. Immediately remove from heat, spoon over walleye and serve.

Serves 2



## Wine-Poached Walleye

---

3 cups water

---

1 cup finely chopped celery with leaves

---

1 tsp finely chopped parsley, fresh or dried

---

1 large onion, sliced

---

1 large bay leaf

---

1 tbsp lemon juice

---

1/2 cup white wine

---

1 tsp salt

---

1 tsp pepper

---

2 lb Freshwater Fish walleye fillets, skinned and cut into serving-size pieces

---

Combine all ingredients except fish and simmer in covered pan for 1/2 hour. Add fish fillets and bring to a boil. Reduce heat, cover and simmer 15 minutes. Remove fish from pan and arrange on platter. Serve either with poaching liquid or hot celery sauce.

Serves 4





## Beer-Battered Walleye

---

2 lb Freshwater Fish walleye fillets

---

3 eggs

---

1/2 can cold beer

---

2 tsp salt

---

1/2 cup flour

---

1/2 cup cornmeal

---

Beat eggs until fluffy. Add beer and 1 tsp salt. In separate bowl, combine flour, cornmeal and remaining salt.

Dip fillets into liquid batter then into dry mixture and back into liquid batter. Fry in butter until light brown and fish flakes with a fork.

Serves 4



## Walleye Jambalaya

---

1 lb Freshwater Fish walleye fillets, fresh or frozen

---

1/2 cup chopped bacon

---

1 cup chopped onion

---

1/2 cup chopped green pepper

---

1 clove garlic, finely chopped

---

1 chicken bouillon cube

---

1 cup boiling water

---

1 can (14-1/2 oz) tomatoes

---

1 can (8 oz) tomato sauce

---

1 cup uncooked rice

---

1/4 cup chopped parsley

---

1 tsp salt

---

1/4 tsp thyme

---

1 dash ground cloves

---

1 dash nutmeg

---

1 dash cayenne pepper

---

Thaw fillets, if frozen. Skin walleye and cut into 1-inch pieces.

Cook bacon until crisp. Add onion, green pepper and garlic; cook until tender.

Dissolve bouillon cube in boiling water. Combine all ingredients and pour into a well-greased 8-cup casserole. Cover and bake in a moderate oven, 350°F, for 50 to 60 minutes or until rice is tender and fish flakes easily when tested with a fork.

Serves 6



## Cornmeal-Crusted Walleye Fillets with Spinach Grainy Mustard Sauce

---

1-1/2 lb Freshwater Fish walleye fillets

---

Salt and pepper

---

1/2 cup cornmeal

---

1/2 cup flour

---

3 tbsp lemon juice

---

2 tsp water

---

3 tbsp grainy mustard

---

1/2 cup butter

---

3/4 cup chopped fresh spinach

---

Season walleye fillets with salt and pepper. In one dish, combine cornmeal and flour. In another dish, combine lemon juice and water. Dip each fillet in the lemon juice/water mixture. Then coat each fillet with cornmeal/flour mixture.

Pan fry walleye in a small amount of vegetable oil, approximately 2 minutes per side, until golden. Transfer to 4 plates.

Wipe any burnt bits from skillet then add mustard and butter. Swirl pan constantly until all butter is melted. Remove from heat and add chopped spinach. Continue to swirl until spinach just starts to wilt. Pour over fillets.

Serves 4



## Walleye with Red Wine Sauce

---

4 Freshwater Fish whole walleye (1 to 1-1/2 lbs each), cleaned and scaled

---

Salt and fresh pepper

---

Flour for dredging

---

1 onion, minced

---

6 tbsp olive oil

---

2 garlic cloves, minced

---

2 tbsp flour

---

1 cup red wine

---

1 cup boiling water

---

2 bay leaves

---

1/2 tsp thyme

---

1 tbsp tomato purée

---

2 tbsp capers

---

3 tbsp parsley, chopped

---

Salt and pepper the fish and dredge in flour. Shake off excess.

In a heavy saucepan, sauté the onion in 2 tbsp olive oil. When translucent, add the garlic and slowly sauté another minute. Stir in 2 tbsp flour, blend well and continue to cook, stirring constantly, for a minute or two.

Remove from heat and pour in the wine and boiling water. Whisk thoroughly. Return to heat, whisking as the sauce thickens. Add bay leaves, thyme, tomato purée and capers. Let simmer while you sear the fish.

In a pan large enough to hold the walleyes in one layer, heat the remaining oil until hot, but not smoking. Sear the fish quickly on each side.

Pour the red wine sauce over the fish and serve. Garnish with parsley if desired.

Serves 4





## Pan-Fried Walleye with Lemon Butter Sauce

---

4 Freshwater Fish walleye fillets

---

1/4 cup all-purpose flour

---

Salt and freshly ground pepper

---

1 tbsp vegetable oil

---

3 tbsp cold butter, cubed

---

2 tbsp fresh lemon juice

---

1 tbsp chopped parsley

---

Place flour, salt and pepper in a shallow bowl. Dredge fish in flour mixture one piece at a time, shaking off excess.

In a medium skillet, heat oil and 1 tbsp butter over medium-high heat. Add fillets and cook 2 to 3 minutes on each side or until fish flakes with a fork. Transfer to a plate and keep warm.

Add lemon juice to the skillet. Whisk in the butter until thickened. Pour sauce over the fish and sprinkle with parsley.

Serves 4



## Walleye Gumbo

---

1/4 lb bacon, diced

---

1/4 cup flour

---

1/4 cup onion, diced

---

1/4 cup celery, diced

---

1/4 cup green pepper, diced

---

1/2 tsp garlic

---

1/8 tsp cayenne

---

1/8 tsp white pepper

---

1/8 tsp thyme

---

1/8 tsp oregano

---

8 cups chicken broth

---

1/2 lb smoked sausage, cut into 1-inch cubes

---

1 lb Freshwater Fish walleye, cut into 1-inch cubes

---

Salt and pepper (optional)

---

1-1/2 cups cooked white rice

---

Sauté bacon until browned and remove from pan. Heat fat until it begins to smoke, then stir in flour. Whisk constantly until mixture turns the color of a brown paper bag. Add onion, celery, green pepper, garlic, cayenne, white pepper, thyme, oregano, bacon and chicken broth. Cook gently for 15 minutes.

Add sausage and walleye and cook for 5 minutes longer. Season with salt and pepper (to taste) and serve at once in shallow bowls. Garnish each bowl with 3 tbsp cooked white rice.

Serves 8



## Pan-Fried Walleye with Rainbow Salsa

Thanks to Paul Terpstra, a chef at Via Rail in Winnipeg, for this colorful recipe. Paul designs menus for Via that incorporate Canadian regional foods from every province. He tells us walleye is always well-received by Via Rail travelers. This particular recipe has been used in first-class service. "It's a simple recipe, but a very upscale dish," says Paul.

### Walleye fillet

1 Freshwater Fish walleye fillet	Salt and black pepper to taste
1 tsp seasoned flour	4 tbsp Rainbow Salsa (below)
6 tbsp cooked rice or potatoes	6 tbsp vegetables
1 lemon wedge	1 sprig dill weed

Season walleye fillet with salt and pepper. Dredge in flour and grill presentation side down. Cook for 2 minutes, turn and finish cooking. Spoon salsa in the center of the plate and place the fillet on top. Arrange rice or potatoes and vegetables in a creative fashion around the walleye. Garnish with lemon wedge and fresh dill.

Serves 1

### Rainbow Salsa

2 small green peppers	2 small red peppers
2 small yellow peppers	2 Roma tomatoes
1/4 cup chopped parsley	2 tbsp lime juice
Zest of 2 limes	Sea salt and coarse black pepper

Dice all peppers small. Dice and seed tomatoes. Chop parsley coarsely.

Combine all ingredients in a mixing bowl. Add lime juice and lime zest. Season with salt and pepper. Refrigerate until needed.

Makes enough for up to 24 servings





## BBQ Bacon-Wrapped Fish Skewers

---

4 to 5 lb Freshwater Fish walleye fillets, cut into 1-inch cubes

---

Italian style dressing

---

1 lb bacon strips, cut in half

---

Your favorite BBQ sauce

---

Bamboo skewers

---

Marinate cubed fish in Italian style dressing for 1 hour.

Wrap bacon strips around marinated fish cubes. Spear bacon-wrapped fish pieces on skewers so bacon doesn't unravel. Repeat until skewers are full.

Cook over medium heat on barbecue, turning frequently. Brush on your favorite BBQ sauce when the bacon begins to get crisp. Continue turning periodically until fish is white and bacon is crisp.

Careful! Keep a close eye on the skewers. The fat from the bacon causes flare-ups.

Serves 16



## Zesty Baked Walleye Fillets

Thanks to Leslie Smith, a commercial fisher who kindly offered this favorite walleye recipe. Enjoy!

---

4 to 5 lb Freshwater Fish walleye fillets

---

3 large onions, sliced

---

1 cup zesty Italian dressing

---

1 cup sundried tomato dressing

---

1 each red, green and yellow peppers, sliced

---

Feta cheese (to taste)

---

Grease the bottom of a large glass pan and arrange two-thirds of the sliced onions, separated into onion rings, on the bottom of the pan. Place walleye fillets on top of the onion rings.

Blend together 1 cup of Italian dressing and 1 cup of sundried tomato dressing (use a whisk) and pour over fillets. Top with the remaining onions and sliced peppers.

Cover the dish and bake for 25 minutes at 350°F. Uncover for the last 10 to 15 minutes.

Serve sprinkled with feta cheese over rice or with baked potatoes and salad.

Serves 8



# Walleye Rollups

Thanks to Peak of the Market in Winnipeg, Manitoba, for this delicious recipe.

---

1 lb Freshwater Fish walleye fillets

---

1-1/2 cups fresh spinach

---

1 small onion, chopped

---

1 tbsp butter or margarine

---

1 cup mushrooms, chopped

---

1/4 cup bread crumbs

---

Salt, pepper and thyme to taste

---

1/2 lemon

---

Steam spinach until tender and drain well.

In a small skillet on medium high heat, cook onion in butter for about 5 minutes or until brown. Add mushrooms and cook for 3 minutes.

In food processor, combine spinach, mushroom mixture and bread crumbs. Process until coarsely chopped.

Season fish fillets with salt, pepper and thyme.

Divide spinach filling over each fillet, roll up and secure with toothpicks. Place fish, seam side down, in lightly greased baking pan. Squeeze lemon over fish. Bake, uncovered, in preheated 425°F oven for 10 minutes per inch of thickness or until fish flakes easily with fork. Remove toothpicks and serve.

Serves 4



## Walleye Fillets with Shrimp in Cheese Sauce

Thanks to Leslie Smith, a commercial fisher who kindly offered several favorite recipes for walleye.

---

1 lb Freshwater Fish walleye fillets
2 cups fresh shrimp, tails removed (if desired)
3/4 cup chopped green onions
1/4 cup water
Butter for fish
4 tbsp melted butter/margarine
4 tbsp flour
1-1/2 cups milk
3/4 cup Parmesan cheese
Salt, pepper, lemon pepper, dill

---

Grease the bottom of a 9" x 13" baking dish and sprinkle salt, pepper, lemon pepper and dill on the bottom. Lay the fillets in the dish and place the shrimp on top of the fillets. Add chopped green onions, 1/4 cup water and a dot of butter or margarine. Cover the dish with foil and bake the fish and shrimp for 20 minutes at 350°F.

While the fish is baking, combine butter, flour, milk and Parmesan cheese on stovetop and cook until sauce is thickened.

Remove fish from oven and drain liquid from the pan. Pour the cheese sauce over the fillets and return to the oven to bake for another 10 minutes. Remove from the oven and let sit for 5 to 10 minutes before serving. The sauce will thicken as it cools.

Serves 2





# Hearty Walleye Chowder

Thanks to Peak of the Market in Winnipeg, Manitoba, for this delicious recipe.

---

2 tbsp butter

---

1 onion, finely chopped

---

3 potatoes, diced

---

1 carrot, finely chopped

---

2 cups water

---

1 lb Freshwater Fish walleye, cut into chunks

---

2 cups milk

---

1 cup kernel corn

---

1 tsp salt

---

1/8 tsp pepper

---

In a heavy saucepan, melt butter. Add onion, potatoes and carrots. Cook over medium heat, stirring occasionally, for 5 minutes. Add water, cover and simmer until vegetables are nearly tender, about 15 minutes.

Stir in milk, fish and corn. Simmer for 5 to 10 minutes or until fish flakes are opaque. Add salt and pepper to taste.

Serves 6



| lake whitefish



(*Coregonus clupeaformis*) Sold whole, in fillets or kosher minced, this mild-tasting, white-fleshed fish contains high levels of Omega-3. Lake whitefish is popular for smoking and as a center-of-plate item, and - in minced form - is a key ingredient in gefilte fish.





## Lake Whitefish Supper Salad

Freshwater Fish thanks Pamela Jarosz from Winnipeg, MB, for this delicious recipe!

### Fish

---

1 lb Freshwater Fish lake whitefish

---

Olive oil, as needed

---

Salt and pepper

---

1 tsp lemon juice

---

### Dressing

---

1/4 cup mayonnaise

---

1 tbsp whole grain mustard

---

2 tbsp green onions, chopped

---

1 tsp fresh dill, chopped

---

1 cup sour cream

---

1 stalk of celery, diced

---

Salt and pepper

---

Brush lake whitefish with olive oil, season with salt and pepper and sprinkle with lemon juice. Broil until cooked through. Let cool.

Coarsely chop lake whitefish and gently combine with remaining ingredients. Chill and reserve until ready to serve.

Serve over toast points or as a spread for matzo or other crackers.

Serves 6





## Lake Whitefish Tempura

Freshwater Fish thanks Cody Fitzsimmons from Winnipeg, MB, for this delicious recipe!

### Fish

---

6 – 8 oz Freshwater Fish lake whitefish fillets, pin-boned  
and cut into strips

---

5 cups vegetables in season, blanched

---

1 cup sweet potatoes, blanched

---

Peanut or canola oil for frying

---

### Dipping Sauce

---

1/3 cup soy sauce

---

3 tbsp scallions, finely chopped

---

6 oz rice wine vinegar

---

6 tbsp sugar

---

### Tempura Batter

---

6 eggs, whole

---

3-1/2 cups whole milk

---

6 cups flour

---

6 tbsp cold water

---

Prepare lake whitefish and vegetables and set aside.

Combine dipping sauce ingredients and set aside.

Beat eggs and milk together, add flour and blend well. Add water to thin if necessary.

Heat oil to 370°F. Dip lake whitefish strips in batter one at a time and fry until done. Repeat with vegetables. Drain on paper towels. Serve with dipping sauce.

Serves 6



## Lake Whitefish Cakes with Panko Crust, Crème Fraiche and Golden Caviar

Freshwater Fish thanks Travel Manitoba for this delicious recipe!

---

1 lb Freshwater Fish boneless lake whitefish fillets
4 oz Freshwater Fish Golden Caviar, to garnish
6 tbsp olive oil
1 cup green onions, chopped
3 canned anchovies, drained and chopped (about 2 tbsp)
3 tbsp fresh parsley, chopped
2 tbsp all-purpose flour
2 large garlic cloves, chopped
1-1/2 tsp lemon peel, grated
1 large egg
2 cups panko bread crumbs
Crème fraiche, to garnish

---

Sprinkle lake whitefish fillets with salt and pepper. Heat 2 tbsp olive oil in heavy, large skillet over medium-high heat. Add fillets and sauté until just opaque in centre, about 3 minutes per side. Transfer to plate, let cool.

Flake fillets into large bowl. Mix in green onions, anchovies, chopped fresh parsley, flour, garlic and lemon peel. Mix in 1 cup panko bread crumbs. Season with salt and pepper, mix in egg. Place remaining panko bread crumbs in a bowl. Shape fish mixture into 18 – 2 inch diameter cakes. Transfer cakes to bowl of bread crumbs and press into panko to coat.

Heat remaining 4 tbsp of olive oil in skillet over medium-high heat. Add fish cakes and cook until golden brown and crisp, about 4 minutes per side. Transfer to plates, serve fish cakes with crème fraiche and Golden Caviar.

Makes 18 appetizers



## Lake Whitefish and Asiago Wrap

Freshwater Fish thanks Chef Dennis Palma for this delicious recipe!

### Fish

---

1 – 5 oz Freshwater Fish lake whitefish fillet

---

1 tbsp Old Bay spice

---

1 cup water

---

1 – 12 inch whole wheat tortilla

---

1/2 cup Asiago cheese, shredded

---

1/2 cup fresh tomato, diced

---

1 cup lettuce, shredded

---

Salt and pepper

---

### Smoked tomato aioli

---

3 sun-dried tomatoes

---

1/2 cup liquid smoke

---

1/4 cup Old Bay spice

---

8 cups mayonnaise

---

1 tbsp kosher salt

---

1 tbsp fresh ground black pepper

---

Make the aioli. Place sun-dried tomatoes in food processor and grind for 2 minutes. Transfer sun-dried tomatoes to mixing bowl. Add remaining aioli ingredients and blend with a rubber spatula.

Preheat oven to 350°F. Place lake whitefish in sauté pan and add water and Old Bay spice. Place the pan in the oven for 5 minutes until fish flakes apart.

Spread 1/2 cup smoked tomato aioli over the entire tortilla.

Drain excess liquid from the fillet with spatula and place on tortilla. Add cheese, tomato, shredded lettuce, salt and pepper.

Serves 1



# Grilled Lake Whitefish with Cilantro Chutney in Banana Leaves

## Fish

---

6 – 6 oz Freshwater Fish lake whitefish fillets

---

1 lb frozen banana leaves, thawed

---

Salt and pepper

---

## Cilantro chutney

---

1-1/2 inch piece fresh ginger, peeled

---

5 garlic cloves

---

1 fresh hot green chili such as a jalapeño, trimmed

---

1/2 cup fresh coconut, chopped

---

3 cups fresh cilantro sprigs

---

1/3 cup fresh mint leaves

---

1/4 cup white wine vinegar

---

1 tsp sugar

---

1/4 tsp salt, or to taste

---

Make the chutney. Finely chop ginger, garlic, chili and coconut in a food processor. Add cilantro and mint and process until chopped. Add vinegar, sugar and salt and blend chutney well.

Prepare the fish. Cut banana leaves into 6 sheets (12 by 10 inches each). Arrange in a stack with the short side nearest you.

Season fillets on both sides with salt and pepper. Spread 1 slightly rounded tablespoon of chutney on top of each fillet and place, chutney down, in the center of a banana leaf, arranging fillet crosswise. Spread another slightly rounded tablespoon of chutney on top of the fillet. Fold the bottom edge of the banana leaf over the fillet. Fold in the sides, then fold package away from you to enclose the fish. Tie the package in both directions with a 24 inch piece of kitchen string. Repeat with remaining fillets, chutney and banana leaves.

Grill fish, turning once, until cooked through, 8 to 10 minutes. Untie 1 package to check doneness. Cut the string before serving and transfer packages to 6 plates. The banana leaves are inedible, but are nice for presentation.

Serves 6





# Yukon Gold-Encrusted Canadian Lake Whitefish

---

8-10 oz Freshwater Fish Canadian lake whitefish fillet, skin off

---

Yukon Gold hash browns

---

Panko (Japanese Bread Crumbs)

---

1 egg

---

Garlic salt, Kosher salt, dill

---

Milk

---

All-purpose flour

---

Prepare basic egg wash and put aside. Mix 3 parts thawed hash browns with 1 part panko. Season breading to taste with garlic salt, Kosher salt and dry dill.

Dredge fillet in flour. Submerge in egg wash and transfer to hash brown breading, making sure to cover all sides. Let fillet sit in breading for 30 seconds while gently patting breading on to fillet.

Remove fillet from breading and place in fryer basket. Fry at 350°F until entire fillet is floating. Serve with steamed asparagus and hollandaise sauce. Garnish plate with extra hash browns and lemon crown.

For added appeal, roll fillet lengthwise and secure with skewer before frying.

Serves 1



## Microwave Lake Whitefish Dinner

Thanks to Peak of the Market in Winnipeg, Manitoba, for this easy microwave recipe!

---

1 lb Freshwater Fish lake whitefish fillets, de-boned

---

1 medium onion, finely chopped

---

1/2 cup shredded zucchini

---

1/4 cup finely chopped celery

---

2 tbsp lemon juice

---

1 small red pepper, sliced

---

Place lake whitefish fillets in a large microwave baking dish. Combine onions, zucchini and celery and spread over whitefish fillets. Drizzle with lemon juice. Add red pepper and cover with wax paper.

Microwave on medium (50% power) for 10 to 15 minutes or until fish flakes easily with fork. Rearrange whitefish fillets once during cooking.

Remove from microwave and let stand 2 minutes before serving.

Serves 4



## Tasty Prairie Pie

---

6 Freshwater Fish frozen lake whitefish fillets, 4 oz each, cooked

---

2 tbsp butter

---

1/2 cup chopped onion

---

1 garlic clove, crushed

---

1 cup diced zucchini

---

2 tbsp flour

---

1/2 tsp salt

---

Dash of pepper

---

1/2 tsp thyme

---

1/2 tsp basil

---

2 cups tomatoes, peeled, seeded and chopped

---

1 – 9 inch pie crust

---

Break fillets into chunks. Sauté onion, garlic and zucchini until vegetables are tender. Blend in flour, seasonings and herbs. Add tomatoes and cook 5 minutes or until sauce is thick. Add fish and pour into a 9 inch pie plate. Cover with pastry, trim and flute.

Bake at 400°F for 25 to 30 minutes or until pastry is golden brown. Allow pie to stand 10 minutes before serving.

Serves 6





## Lake Whitefish with Wild Mushroom Almond Cream Sauce

Button mushrooms may be used instead of oyster or shiitake mushrooms for this delicious cream sauce.

---

2 Freshwater Fish lake whitefish fillets, 6 to 8 oz each

---

4 tbsp unsalted butter

---

4 tbsp oyster or shiitake mushrooms, sliced

---

2 tbsp sliced almonds

---

4 tbsp dry white wine

---

1 cup whipping cream

---

Salt and pepper

---

Flour

---

In heavy skillet, melt 2 tbsp butter over medium high heat. Add sliced mushrooms and sauté until golden, about 5 minutes. Add sliced almonds, sauté 1 minute. Add white wine and simmer until liquid reduces to a glaze. Add cream and simmer until sauce thickens, stirring occasionally, about 7 minutes. Season with salt and pepper.

Melt remaining butter in heavy skillet over medium high heat. Season fillets with salt and pepper and coat lightly with flour. Place fillets in skillet and sauté until just cooked through, about 2 minutes per side. Spoon sauce over fillets and serve.

Serves 2



# Poached Lake Whitefish

- 4 Freshwater Fish lake whitefish fillets or 1 whole lake whitefish, cleaned
- 4 cups boiling water
- 1 small onion, chopped
- 1/2 tsp thyme
- 1 bay leaf
- 3 cloves garlic, chopped
- 1/2 tsp basil
- 1/2 tsp sage
- 1 tbsp lemon juice
- 1 small red pepper, diced
- 1 celery stalk, sliced
- 1 large carrot, sliced
- Minced parsley

Rinse fish thoroughly in cold water. If using a whole fish, score back of fish with small slices.

Bring water to a boil and add onion, thyme, bay leaf, garlic, basil, sage, lemon juice, red pepper, celery and carrot. Boil for 10 minutes then place fish in water gently to avoid breaking. Simmer fish 10 minutes and remove from water.

Drain fish and arrange on a platter. Garnish with minced parsley and serve with melted butter.

Serves 4



## Classic Scandinavian Fish Cakes

---

3 cups Freshwater Fish lake whitefish, flaked

---

Salt and pepper

---

1/2 cup mashed potatoes

---

1-1/2 tbsp onion, grated or chopped

---

1 tsp celery, finely chopped

---

1 tsp parsley flakes

---

1 tsp chives, chopped or dried

---

1 egg, lightly beaten

---

Tomato sauce

---

Paprika

---

Butter or margarine for frying

---

Season fish with salt and pepper to taste. Mix all ingredients except paprika and butter together, adding just enough tomato sauce to make the mixture moist. Shape mixture into 2-1/2 inch rounds or squares, 1/2 inch thick. Sprinkle with paprika.

Pan fry fish cakes slowly in butter or margarine until golden brown. Turn once to cook both sides. Fry slowly so cakes will set and not break apart when turning. Serve hot.

Serves 3



## Cajun Lake Whitefish

---

2 Freshwater Fish lake whitefish fillets

---

1 tbsp paprika

---

2-1/2 tsp salt

---

1 tsp onion powder

---

1 tsp garlic powder

---

1 tsp cayenne pepper

---

3/4 tsp white pepper

---

3/4 tsp black pepper

---

1/2 tsp thyme

---

1/2 tsp oregano

---

Cooking oil

---

4 tbsp melted butter

---

Mix all seasonings in a small bowl. Keep just enough to coat fillets and store extra in a dry sealed bag or jar.

Heat cooking oil in a large skillet over high heat. In a small dish melt butter. Dip each fillet in butter then roll in seasoning to coat both sides. Place fish in skillet and cook until underside looks charred. Turn and finish cooking. Serve with melted butter.

Serves 2





## Baked Lake Whitefish with a Tomato Citrus Sauce

---

1 lb Freshwater Fish lake whitefish fillets

---

1 tbsp olive oil

---

Salt and freshly ground pepper

---

1 cup tomatoes, chopped

---

1 orange, peeled and diced

---

2 green onions, sliced

---

2 tbsp fresh parsley, chopped

---

1/2 tsp dried crushed chili flakes

---

Preheat oven to 400°F.

Cut lake whitefish fillets into serving-size portions. Rub the fish with olive oil and arrange in a single layer in a lightly greased baking dish. Sprinkle with salt and pepper.

In a small bowl, combine the remaining ingredients. Spoon mixture over top of the fillets and bake for 12 minutes or until the fish flakes easily with a fork.

Serves 4



## Marinated Lake Whitefish Fillets with Three Citrus Sauce

---

2/3 cup orange juice

---

1/4 cup fresh lime juice

---

1/4 cup fresh lemon juice

---

1-1/2 tsp orange zest, grated

---

3/4 tsp lime zest, grated

---

3/4 tsp lemon zest, grated

---

1/4 cup shallots, minced

---

1 tbsp honey

---

1 jalapeño, minced (optional)

---

1-1/2 lb Freshwater Fish lake whitefish fillets

---

Salt and pepper

---

1 tbsp vegetable oil

---

2 tsp cornstarch

---

Combine juices and zests in glass baking dish. Whisk in shallots, honey and jalapeño. Add fish; turn to coat. Cover and chill for 2 hours, turning occasionally.

Remove fish from marinade; reserve marinade. Pat fish dry with paper towels. Sprinkle fish with salt and pepper. Heat a non-stick skillet over medium-high heat with 1 tbsp vegetable oil. Add fish and cook until just opaque in center, about 4 minutes per side. Transfer fish to plates.

Place cornstarch in small saucepan. Gradually whisk in reserved marinade. Boil over medium heat until sauce thickens slightly, whisking occasionally, about 2 minutes. Spoon sauce over fish and serve.

Serves 4



## Lake Whitefish Chowder

---

2 tbsp finely diced ham

---

1 bunch green onions, chopped

---

3 medium potatoes, peeled & diced

---

1 tsp salt

---

1/8 tsp white pepper

---

1 cup water

---

4 cups milk, scalded

---

1 lb Freshwater Fish frozen minced lake whitefish, thawed

---

4 tbsp soft butter

---

4 tbsp flour

---

1 cup cream

---

Paprika for garnish

---

In large heavy pot, sauté ham and onions together over medium heat until onions are soft. Add potatoes, salt, pepper and water. Simmer until potatoes are cooked. Add milk and minced lake whitefish. Stir to break up fish.

In small bowl blend butter and flour until roux is formed. Stir mixture into chowder and cook until thickened. Add cream and heat through, but don't boil. Garnish with paprika.

Serves 6





## Lake Whitefish in a Black Bean and Garlic Sauce

---

2 to 3 lb Freshwater Fish lake whitefish or walleye

---

1/2 cup white wine

---

3 tbsp canned black beans

---

1 tbsp light soy sauce

---

2 tbsp crushed garlic

---

1 tbsp crushed ginger

---

1 tbsp crushed chili pepper

---

2 tsp sesame seed oil

---

Salt and pepper to taste

---

1/2 red pepper, diced, for garnish

---

2 green onion, chopped

---

1/4 cup canola oil, heated

---

Remove the guts, gills and scales from the fish. Wash the inside with cold water then rub it with about 1 tsp salt. Rub the inside and outside with 1/4 cup of white wine.

Slice the belly of the fish completely through to the tail, to allow the fish to be spread open flat. Cut the spinal cord out by slicing it on either side and lifting it out. Make deep cuts about every 1 to 1-1/2 inches crosswise across the skin side of the fish from front to back so the fish won't curl when cooking.

Soak black beans in a dish of hot water to soften them, then mash them with the back of a spoon roughly (don't make it into a paste). Add salt to taste, leftover white wine (should be about 1/4 cup), soy sauce, garlic, ginger and chili pepper and mix together well. Add a dash of sesame seed oil.

Spread the sauce over the skin side of the fish, pushing sauce into the deep cuts you have made. Sprinkle with chopped red pepper. This is optional but it does give some color.

Put the fish in a steamer and steam until done OR bake in the oven at 325°F. Should take about 10 minutes for every inch thickness of the fish at its thickest part.

Remove and sprinkle with chopped green onion, then ladle very hot oil onto the fish so it sizzles when you splash it on. Serve.

Serves 4



## Parmesan Herb Lake Whitefish Fillets

Thanks to Manitoba's Peak of the Market for this special recipe.

---

1 lb Freshwater Fish lake whitefish fillets, patted dry

---

1/4 cup light mayonnaise

---

1/4 cup parmesan cheese, grated

---

2 tbsp green onions, chopped

---

1 tbsp red bell pepper, chopped

---

Cayenne pepper to taste

---

1/2 cup dry bread crumbs

---

1/2 tsp dried basil

---

Pepper to taste

---

Place fish fillets in a single layer in bottom of greased 11" x 7" (8 cup) baking dish. Set aside.

In a small bowl, stir together mayonnaise, cheese, onions, pepper and cayenne. Spread mixture evenly over fish. In a separate bowl, combine bread crumbs, basil and pepper. Sprinkle over top of fish.

Bake in preheated 400°F oven for 10 to 12 minutes or until fish is opaque and flakes easily with a fork.

Serves 4



## Nutty Coconut Fish

This sweet and spicy recipe is inspired by the tropics.

---

1 lb Freshwater Fish lake whitefish fillets

---

1/4 cup mayonnaise

---

1/4 cup prepared brown mustard

---

1/2 cup dry bread crumbs

---

1/4 cup shredded coconut

---

1/4 cup chopped mixed nuts

---

1 teaspoon granulated sugar

---

1 teaspoon salt

---

1/2 teaspoon cayenne pepper

---

Preheat oven to 375° F. Lightly grease a medium baking dish.

In a small bowl, blend mayonnaise and brown mustard. In a medium bowl, mix bread crumbs, shredded coconut, chopped mixed nuts, sugar, salt and cayenne pepper.

Dip fish in the mayonnaise mixture, then in the bread crumb mixture. Arrange coated fish fillets in the prepared baking dish.

Bake 20 minutes until fish flakes easily with a fork.

Serves 4



## Smoked Lake Whitefish Stew

Thanks to the National Fisheries Institute for this special recipe.

---

1 tbsp olive oil
1 cup chopped onion
1/2 cup chopped green pepper
1/2 cup chopped carrot
1/2 cup chopped celery
1 tsp minced garlic
1 can (14.5 oz) diced tomatoes
1 can (15.6 oz) vegetable broth
1 can (6 oz) tomato paste
1/4 teaspoon sugar
8 oz Freshwater Fish hot-smoked lake whitefish, chunked
1/4 cup dry sherry
Hot pepper sauce

---

Heat olive oil in large saucepan over medium heat; stir in onion, green pepper, carrot, celery and garlic. Cook, stirring occasionally, until vegetables are tender.

Stir in tomatoes, broth, tomato paste and sugar; reduce heat to low. Simmer about 10 minutes, or until flavors blend.

Add smoked lake whitefish and sherry. Continue cooking until heated through. Season with hot pepper sauce and additional sherry, if desired.

Serves 4





# Whole Lake Whitefish in Foil

Thanks to Manitoba Chef Peter Grant for this recipe.

---

1 Freshwater Fish whole lake whitefish, dressed and de-scaled

---

1 medium onion, sliced

---

1 lemon, sliced

---

Salt and pepper to taste

---

Canola oil, as needed

---

Wash lake whitefish in cold water and pat dry. Sprinkle cavity with salt and pepper, then line the cavity with sliced onion and lemon. Rub outer skin of lake whitefish with canola oil. Wrap fish in aluminum foil and seal completely.

Grill 10 minutes per inch thickness (measured at its thickest part) and turn fish over halfway through the grilling time. For example, if the fish is 3 inches thick at its thickest part, grill for a total time of 30 minutes. Grill 15 minutes on one side, 15 minutes on the other.

You may also bake the wrapped fish on a cookie sheet in the oven at 350°F. Use the same formula for cooking time and turn the fish at the halfway mark.

Serves 4



# northern pike



(*Esox lucius*) Pike is available whole, minced and in fillets and portions. Its firm, white flesh is popular in French cuisine and also pan-fried and grilled. Freshwater Fish also markets northern pike caviar, which has a delicate and clean taste.





## Northern Pike Loin Fillets in Sancerre Rosé Sauce

---

4 – 5 to 6 oz Freshwater Fish northern pike loin fillets, thawed

---

2 onions

---

2 carrots

---

1-1/3 cup of Sancerre rosé wine

---

Salt and pepper

---

Butter

---

1 tbsp flour

---

7 tbsp crème fraiche

---

1 egg yolk

---

Juice of 1 lemon

---

Preheat oven to 180° C (350° F).

In a buttered baking dish, spread a bed of finely chopped onions and carrots. Place the Northern Pike loin fillets on the bed of onions and carrots and add the rosé wine. Salt, pepper and cover dish with aluminium foil or parchment paper. Bake for approximately 15 minutes.

Once the fish is cooked, drain the wine and pass it through a sieve. Keep the pike loin fillets warm.

In a saucepan, make a roux with a knob of butter and 1 tablespoon of flour, and then stir in the wine. Add the crème fraiche and heat but do not boil. Remove saucepan from the heat and finish sauce with an egg yolk and the lemon juice. Serve very hot.

Serves 4





## Northern Pike Loin Fillets with Fine Herbs

---

4 – 5 to 6 oz Freshwater Fish northern pike loin fillets, thawed

---

Salt and pepper

---

2 tbsp olive oil

---

3-1/2 tbsp butter

---

Chives, chopped

---

Parsley, chopped

---

Fresh tarragon, chopped

---

Juice of 1 lemon

---

Salt and pepper the northern pike loin fillets.

In a frying pan, heat olive oil at high heat, add the northern pike loin fillets and reduce heat, cooking for 4 minutes on each side. Place the cooked loin fillets on warm dishes.

Put butter in frying pan at high heat, add the herbs and the lemon juice, mix and cook for 30 seconds. Pour on fish and serve immediately with plain boiled or steamed potatoes.

Serves 4



## Northern Pike Fillet in Sorrel Sauce

---

28 oz Freshwater Fish northern pike fillets

---

1 cup scallions

---

1 cup fish stock

---

1 cup white wine

---

1-3/4 cup fresh sorrel

---

7 tbsp thick cream

---

7 tbsp butter

---

Salt

---

Place the northern pike fillets on a bed of chopped scallions in a well-buttered dish. Fill the dish to half depth with equal amounts of wine and fish stock. Bring the liquid to a boil, promptly cover the dish with aluminum foil and bake in oven at 180°C (350°F) for approximately 10 minutes.

Finely chop the sorrel, wilt in a small amount of butter, add cooking juices from the northern pike and cook until liquid is reduced by half. Add cream and reduce again. Remove from heat and add butter.

Coat each northern pike fillet generously with the sorrel sauce and serve with steamed potatoes.

Serves 5



## Breaded Northern Pike with Soy Sesame Sauce

---

1/4 cup rice vinegar

---

2 tbsp soy sauce

---

2 tbsp honey

---

1 tsp sesame seed oil

---

1/4 cup breadcrumbs

---

1/2 cup unsalted peanuts, finely chopped

---

1 egg, beaten

---

1/4 tsp salt

---

1/4 tsp pepper

---

1 lb Freshwater Fish northern pike fillets

---

Preheat oven to 450°F.

In a small bowl combine the rice vinegar, soy sauce, honey and sesame seed oil. Set aside.

In a shallow bowl, mix the breadcrumbs and peanuts. In a small bowl, beat egg lightly with salt and pepper.

Cut the fillet into 6 pieces. Dip each piece in the egg mixture, then into the crumb mixture, shaking off excess crumbs. Arrange in a single layer on a lightly greased baking sheet.

Bake for 10 minutes or until fish flakes easily with a fork. Serve with sauce.

Serves 4



## Parmesan Baked Northern Pike with Basil, Caper and Tomato Sauce

---

1-1/2 lb Freshwater Fish northern pike fillets

---

1/3 cup olive oil

---

2 tbsp lemon juice

---

1/2 cup fine dry breadcrumbs

---

1/2 cup grated Parmesan cheese

---

1 tbsp chopped parsley

---

1 cup diced tomatoes

---

1 tbsp drained capers, chopped or whole

---

1 tbsp fresh basil, chopped

---

2 tbsp dry white wine

---

1 tbsp butter

---

Cut fillets into serving-size pieces, dip into mixture of olive oil and lemon juice. Coat with mixture of breadcrumbs, Parmesan, parsley and a pinch of salt and pepper. Place fish in single layer on a greased baking pan. Bake uncovered in 500°F oven for 12 to 15 minutes.

Place tomatoes, capers and basil in a saucepan over moderately high heat. Sauté very briefly, then add white wine. Bring to a boil and add butter in small pieces, stirring until just melted. Remove from heat; season with salt and pepper. Serve sauce warm over fillets.

Serves 4





## Canned Northern Pike

Pack Freshwater Fish northern pike in a quart sealer. Add:

---

1 heaping tsp salt

---

1 tbsp vinegar

---

1 tbsp ketchup (optional)

---

Seal tightly and put the quart sealer into a large pot. Add water to cover the top of the jar with 1/2 inch of water. When the water boils, set a timer for 4 hours. Make sure lids are always under water.

If you wish the pike to have the appearance of salmon, put ketchup in the sealer.



## Pike Fish Cakes

Thanks to past Board member Terry Hansen, of Beauval, Saskatchewan, for this special recipe.

---

3 to 4 lb Freshwater Fish northern pike, ground

---

4 to 6 celery stalks, diced

---

1/2 onion, diced

---

3 slices of bread, crumbled

---

1 tbsp chicken soup base

---

1 tbsp beef soup base

---

1/2 tablespoon garlic, powdered or minced

---

1 tablespoon nutmeg

---

2 eggs

---

Flour

---

Peanut oil

---

Mix together the northern pike, celery, onion and bread. Add all the remaining ingredients, except flour and peanut oil, and mix well. Form into individual patties. Roll in flour and cook in peanut oil for 15 to 20 minutes.

Serves 12 as a main dish



## BBQ Bacon-Wrapped Fish Skewers

---

4 to 5 lb Freshwater Fish northern pike fillets, cut into 1 inch cubes

---

1 lb bacon strips, cut in half

---

Italian style dressing

---

Your favorite BBQ sauce

---

Bamboo skewers

---

Marinate cubed fish in Italian style dressing for 1 hour. Wrap bacon strips around marinated fish cubes. Spear into skewers so bacon doesn't unravel. Repeat until skewers are full.

Cook over medium heat on barbecue; turn frequently. Brush on your favorite BBQ sauce when the bacon begins to get crisp. Continue turning periodically until fish is white and bacon is crisp.

Careful! Keep an eye on the skewers while barbecuing. The fat from the bacon causes flare-ups.

Serves 16 as a main dish



| caviar





Pike, lake whitefish, tulibee and carp caviar is decadent, delicious and sustainably harvested by Freshwater Fish. It's wild-caught from the pristine lakes of Canada.





## Classic Caviar Service

To make the toast, you can use your choice of:

---

1 baguette of French bread, sliced. Brush each side with butter and bake 5 to 8 minutes.

---

Black pumpernickel bread, thinly sliced. This is how caviar traditionally is served in Russia.

---

Rye biscuits, Wasa bread, Melba toast rounds or any other very hard biscuit. These options are popular in America.

---

Arrange the following attractively, each in its own separate small dish.

---

1 cup of sour cream

---

3/4 cup of finely chopped chives

---

4 oz Canadian Golden Caviar (whitefish or northern pike)

---

Finely chopped whites of 2 hard-boiled eggs

---

Finely chopped yolks of 2 hard-boiled eggs

---

2 lemons cut into small wedges for squeezing on canapé

---

Spread any combination of caviar and side dishes on a piece of toast or bread to suit your taste.

Four ounces of caviar will serve 4 to 8 people, depending on their enthusiasm.



## Russian Mousse

---

1 English cucumber, peeled

---

12 hard-boiled eggs

---

6 green onions

---

1/3 cup warm water

---

2 tbsp lemon juice

---

1 package unflavored gelatin

---

1 tsp salt and pepper

---

3/4 cup mayonnaise

---

1 cup sour cream

---

1 tsp Dijon mustard

---

4 oz Canadian Golden Caviar (whitefish or northern pike)

---

Pumpernickel bread

---

Finely dice half the cucumber; slice the other half thinly and reserve for garnish. Finely chop 4 eggs and reserve for garnish; mash the remaining eggs. Chop the green onions; reserve about a third for garnish. Combine the mashed eggs, diced cucumber and green onions.

Put water and lemon juice into a heavy saucepan. Sprinkle with gelatin. Allow it to soften for 5 minutes then heat at a low temperature.

In a bowl, mix mayonnaise, mustard and half the sour cream. Add gelatin and blend. Combine with eggs and cucumber mixture. Season with salt and pepper. Put into a greased spring-form pan or quiche dish. Refrigerate for 2 hours.

Un-mold mousse into serving platter lined with lettuce leaves or parsley. Spread top with remaining half of sour cream. Arrange caviar in the center. Ring with a border of reserved eggs, green onion and cucumber. Serve with pumpernickel bread.

Makes about 32 appetizers



## Devilled Eggs with Caviar

---

20 hard-boiled eggs

---

4 tbsp butter, melted

---

Mayonnaise

---

2 tbsp finely chopped dill

---

4 oz Canadian Golden Caviar (whitefish or northern pike)

---

Salt & pepper to taste

---

Dill or parsley for garnish

---

Peel the hard-boiled eggs and cut in half lengthwise.

Chop yolks finely. Add mayonnaise, butter, salt, pepper and chopped dill. Blend until smooth.

Use a teaspoon or a pastry bag fitted with a large star tip to fill each half-egg. You can refrigerate the eggs, covered with plastic wrap, for up to 3 hours.

To serve, top each half-egg with a few grains of caviar. Arrange eggs on a thick bed of dill or parsley to keep them from sliding or use an old-fashioned devilled egg dish.

Makes 40 hors d'oeuvres





## Endive with Herb Cheese and Caviar

---

4 heads endive (try to find nice short, fat heads)

---

1 package (5 oz) Boursin cheese with herbs or similar soft cheese

---

Cream

---

Alfalfa sprouts or watercress to garnish

---

4 to 6 oz Canadian Golden Caviar (whitefish or northern pike)

---

Trim bottoms of endive so that the leaves are 2 to 3 inches long.

Soften the cheese by mashing with cream and spread approximately  $\frac{3}{4}$  tsp on the bottom of each leaf, using a teaspoon, pastry bag or spatula. Garnish with sprouts of alfalfa or watercress. Spread caviar over the base of cheese. Arrange on a platter and refrigerate until serving time.

Makes 50 hors d'oeuvres



## Oysters and Caviar

---

Fresh seaweed\*

---

18 fresh oysters on the half shell\*\*

---

2 scallions (shallots or green onions), thinly sliced into rings

---

4 oz Canadian Golden Caviar (whitefish or northern pike)

---

2 lemons, cut into thin wedges

---

Spread the seaweed in a flat basket. Arrange the oysters, in their shells, on the seaweed. Sprinkle each oyster with 2 or 3 pieces of scallion. Top each one with a dab of caviar. Serve very cold, accompanied by fresh lemon wedges.

\*Seaweed can be ordered from your fishmonger and is usually free.

\*\*Shuck them yourself or have your fishmonger do it.

Makes 18 hors d'oeuvres



| lake trout



(*Salvelinus namaycush*) With its pinkish-orange flesh, rich flavor and high Omega-3 content, lake trout is ideal for grilling and smoking. Freshwater Fish offers it whole and filleted, fresh from July through September, and frozen year-round.





# Szechuan Lake Trout Noodle Bowl

---

1 – 8 oz Freshwater Fish lake trout fillet

---

12 oz pre-cooked chow mein noodles

---

1/2 cup vegetable stock

---

1 tbsp light soy sauce

---

1 tbsp oyster sauce

---

1 tsp cider vinegar

---

1 tsp sesame oil

---

1/4 tsp Tabasco sauce

---

Pinch of sugar

---

1 tsp cornstarch

---

1 tbsp vegetable oil

---

2 oz button mushrooms, sliced

---

4 oz yellow pepper, sliced

---

1 tsp fresh ginger, grated

---

1 clove garlic, minced

---

1 tbsp toasted peanuts, chopped

---

Immerse noodles in large pot of boiling, salted water for 1 minute. Drain well, fluff with a fork and reserve.

In large shallow dish, whisk together stock, soy sauce, oyster sauce, vinegar, sesame oil, Tabasco and sugar. Cut lake trout into 1/2 inch cubes and place in marinade, being sure to coat. Let stand 15 minutes at room temperature or covered overnight in the refrigerator. Drain, reserving marinade. Whisk cornstarch into remaining marinade.

Heat vegetable oil in wok or deep skillet over high heat; add mushrooms and stir fry for 2 minutes. Stir in yellow pepper, ginger, garlic and 1/4 cup water and cook, stirring often, for 7 minutes, until water is evaporated and pepper is almost soft. Stir in lake trout and stir-fry for 3 minutes or until lake trout is cooked.

Stir in noodles, tossing until well combined. Push lake trout up sides of pan to make a well. Stir marinade and pour into pan; cook, stirring for 1 minute or until thickened. Stir noodle mixture back into sauce.

Transfer to shallow bowl and sprinkle with peanuts.

Serves 4





## Lake Trout Burger Patties

### Trout patties

---

1/2 lb Freshwater Fish smoked lake trout, flaked

---

1 cup soft bread crumbs (about 2 slices bread)

---

1/2 cup powdered biscuit mix

---

1 tbsp Dijon mustard

---

1/4 tsp fresh ground pepper

---

1/2 cup chopped green onions

---

2 eggs, slightly beaten

---

---

2 tbsp butter or margarine

---

4 whole wheat burger buns, split

---

Lettuce leaves

---

4 tbsp dill or ranch dip

---

In a medium bowl, mix all trout patty ingredients. Make 4 patties, each a heaping 1/2 cup of the fish mixture.

In a large nonstick skillet, melt butter over medium heat. Cook lake trout patties 10 to 12 minutes, turning once, until brown and cooked through.

Fill buns with lettuce, lake trout patties and dill dip.

Serves 4



## Lake Trout Brunch Bake

---

6 oz Freshwater Fish smoked lake trout

---

1 cup cheddar cheese, shredded

---

2/3 cup mayonnaise

---

2 celery stalks, diced

---

2 green onions, sliced

---

1/3 cup toasted almonds (slivers or flakes)

---

1/3 cup dried cranberries

---

1 tsp freshly ground pepper

---

1 tsp dill

---

1 package refrigerator croissant dough

---

1 tsp soft butter

---

1 tbs almond flakes

---

Mix lake trout, cheese, mayonnaise, celery, green onions, toasted almonds, cranberries, pepper and dill.

Line a baking sheet with parchment paper. Separate the croissant dough into triangles. Arrange them on the baking sheet in a sunburst shape, points out, with the sides overlapping slightly. Place the lake trout mixture in a circle around the middle. Fold the outer points in to cover the filling, leaving a small space between each roll to let the trout show through. When all the points are folded, you will have a small wreath shape.

Brush the top with a bit of soft butter and sprinkle on a few almond flakes.

Bake for 15 to 20 minutes in a 375°F oven or until golden brown. Let sit for 5 minutes before serving.

Serves 4



## Barbecue Smoked Lake Trout Fillets

---

8 Freshwater Fish lake trout boneless fillets, skin on

---

2 tbsp olive oil

---

2 garlic cloves, peeled and chopped

---

Juice of 1 lemon

---

1/2 tsp fennel seed

---

1/4 tsp dried thyme

---

1/2 tsp fresh chopped cilantro

---

Salt and pepper to taste

---

Soak 2 cups of wood chips (apple, cherry or mesquite) in warm water for 30 minutes.

Rinse lake trout and pat dry. Combine remaining ingredients and season flesh.

Preheat barbecue grill on high for 5 minutes. Remove chips from water and spread onto grill rocks. Close cover. Let chips smoke well.

Place fish in grill basket or directly on highest shelf, meat side up, and turn grill to low setting. Keep cover closed. Smoke about 20 minutes. Do not let fish overcook.

Serves 8





## Fried Lake Trout

---

1 Freshwater Fish lake trout

---

1/2 tsp salt

---

1/4 tsp lemon pepper

---

Cornmeal for dredging

---

Shortening for frying

---

2 tbsp butter

---

1 cup sour cream

---

1/2 tsp lemon juice

---

Clean and wash lake trout and cut into serving-size pieces, leaving the skin on. Salt and pepper to taste and coat with cornmeal.

In a frying pan, melt enough shortening on high heat so fat is 1/4 to 1/2 inch deep. When shortening is good and hot, add trout and fry on one side for about 4 minutes. Turn and cook 3 minutes more. Fish should be nicely browned. Remove trout to a heated serving platter.

Pour off the fat from the pan, reduce heat and add butter and sour cream. Stir with a spoon to deglaze. Cook several minutes, but do not boil. Remove from heat, add lemon juice, stir and pour over trout.

Serves 1





## Hansen's Lake Trout Barbecue

Thanks to former Freshwater Fish Board member Terry Hansen from Beauval, Saskatchewan, for this delicious barbecue recipe! This recipe can be made with skinned or skin-on fillets. It's easy to adjust as needed to feed two or twenty.

---

Freshwater Fish lake trout fillets (skinned or skin-on)

---

Brown sugar

---

Soy sauce (Terry recommends Kikkoman)

---

Butter

---

Rinse fillets and pat dry. Rub brown sugar on both sides of each fillet. Place fillets in a sealable plastic bag or plastic container and add soy sauce to marinate. Marinate in the refrigerator for about six hours, turning periodically.

For skinned fillets: Remove fillets and place on tin foil. Put some butter and soy sauce on the fillets and wrap tightly. Barbecue for about 20 minutes. Fish will flake easily when done.

For skin-on fillets: Soak your preferred smoking chips, drain and add to the barbecue. Remove fillets from marinade and place on the center of the barbecue, skin side down. With the barbecue on high, smoke the fish for 5 to 20 minutes, to taste. Turn the center burner down to medium, leaving the end burners on high and cook for 30 to 40 minutes. Check that fish flakes easily before serving.

**Serves as many as you want! Adjust ingredients as needed.**



## Curried Lake Trout

---

2 lb Freshwater Fish lake trout fillets

---

1/2 to 1/3 cup water

---

Milk

---

2 tbsp butter

---

1 tbsp green pepper, chopped

---

1 small onion, chopped

---

1/4 cup celery, chopped

---

2 tbsp flour

---

1/4 to 1 tsp curry powder

---

Salt

---

2 to 3 cups hot cooked rice

---

2 tbsp chopped parsley

---

Simmer fish 10 minutes in shallow pan with water. Drain and save liquid. Add milk to make 1 cup.

To make sauce, melt butter and sauté green pepper, onion and celery for a few minutes. Stir in flour and add the milk and water mixture. Cook until thickened, stirring constantly. Add curry powder and salt to taste.

Remove bones from cooked fish. Arrange on hot platter with a border of rice. Pour sauce over fish and sprinkle with parsley.

Serves 4



## Lake Trout with Almonds

---

1 lemon

---

6 Freshwater Fish lake trout (about 8 oz each)

---

Salt and fresh ground pepper

---

3/4 cup all-purpose flour

---

1 cup unsalted butter

---

2 tbsp vegetable oil

---

1/2 cup sliced almonds

---

1 tbsp chopped parsley

---

With a small sharp knife, cut a slice off the top and bottom of the lemon. Stand the fruit upright on a work surface and cut away the skin and bitter white pith. Cut crosswise into 6 slices, each 1/4 inch thick; set aside.

Clean lake trout as you would any round fish and trim the tails, but do not scale the fish. Season inside and out with salt and pepper. Dip in flour to coat completely and shake off the excess.

Heat 3 tbsp of butter and 1 tbsp of oil in a large frying pan over medium heat. Add three trout and cook until golden brown on one side, 5 to 8 minutes. Turn and continue cooking until golden brown and tender when the flesh is pierced with the point of a knife, 5 to 8 minutes longer. Transfer to a platter and cover to keep warm. Repeat to cook the remaining trout. Discard the butter and oil in the pan.

Heat the remaining 10 tbsp of butter in the same pan over medium heat. Add the almonds and sauté until golden brown. Pour over fish. Place a slice of lemon on each trout and sprinkle with chopped parsley.

Serves 6



## Barbecue Grilled Lake Trout

---

Freshwater Fish lake trout, whole or headless, cleaned (one per person)

---

Olive oil

---

Salt

---

Fresh ground black pepper

---

Butter

---

Dill

---

Lemon, cut in pieces

---

Prepare each lake trout. Rinse the trout and pat dry. Rub a generous amount of olive oil both inside and out the trout. Sprinkle with salt and fresh black pepper. Place 1 tbsp butter inside cavity and sprinkle with dill.

Make sure your grill is hot. Take a paper towel, roll it up and soak it in some cooking oil (not dripping). With a pair of tongs, rub the oil on the hot grates.

Place the trout on the grate and cook until the meat flakes gently. With one or two spatulas, gently turn the fish over and cook the other side. When done, remove from grill, season with freshly squeezed lemon juice and serve.

Tip: The grates must be hot or the fish will not release from the grates and turn easily. Consider using a fish grilling basket to ensure the fish doesn't fall apart.

Serves same number of people as the fish you barbecue.





## Smoked Lake Trout Vinaigrette Salad

### Trout

1 lb Freshwater Fish smoked lake trout (smoke fish in advance)	
4 cups shredded cabbage	1/4 cup onion, chopped
1/4 cup parsley, chopped	2 hard-cooked eggs, chopped
Vinaigrette dressing (see below)	Salad greens
Paprika	

Remove skin and bones from fish and flake. Toss fish with cabbage, onion, parsley and egg. Add dressing and stir. Serve over salad greens. Garnish with paprika.

### Vinaigrette Dressing

1/3 cup olive oil (or salad oil)	3 tbsp vinegar
1 tsp salt	1/4 tsp paprika
1 dash cayenne pepper	1 tbsp green pepper, chopped
1 tbsp chopped sweet pickle (or drained pickle relish)	
1 tbsp pimento, chopped	

Combine oil, vinegar, salt, paprika and pepper in a small jar. Shake until mixture is thoroughly blended. Add remaining ingredients.

Serves 2 as a main course, 4 as an appetizer



| sauger



(*Sander canadense*) Sold in fillets, the firm, lean and sweet meat of the sauger lends itself to pan-frying and deep-frying. Sauger, also known as Canadian pike, has a taste virtually identical to walleye.





# Phyllo Wrapped Sauger Fillet

---

4 Freshwater Fish sauger fillets, halved

---

8 phyllo pastry sheets

---

1/4 cup butter, melted

---

1 bunch fresh spinach, stems removed

---

1 bunch fresh basil, chopped

---

1/2 large red pepper, cut in strips

---

1/2 large yellow pepper, cut in strips

---

3/4 cup feta, crumbled

---

Lay 1 sheet of phyllo on counter and fold in half. Brush melted butter on edges. Place one half sauger fillet in the middle, near the bottom of phyllo.

Top the fillet with 1/8 of the spinach leaves, basil, red and yellow pepper strips and feta. Roll fish and phyllo over once. Fold edges toward the middle and continue rolling to form a small package.

Brush with a little butter. Place on a cookie sheet and cover with a slightly damp cloth while making others. These can be wrapped in plastic wrap and refrigerated overnight.

Preheat oven to 375°F (190°C) and place rack in middle of oven. Bake for 20 to 25 minutes.

Serves 8



## Sauger Fillets

This recipe provides two simple, delicious ways to prepare sauger fillets – pan-fried or baked in foil.

### Pan-Fry

---

Freshwater Fish sauger fillets

---

1 egg, beaten

---

Fine breadcrumbs or flour

---

Salt and pepper

---

Oil or butter for frying

---

Dip fillets in beaten egg. Coat fillets lightly with fine breadcrumbs or flour. The breadcrumb coating will fry up darker than flour. Season with salt and pepper. Fry in 2 tbsp oil or butter for 6 to 7 minutes, turning twice. Fry skin side down first and last for crispy texture.

### Bake in Foil

---

Freshwater Fish sauger fillets

---

1 tbsp oil or butter, melted

---

1 tbsp lemon juice

---

Salt and pepper

---

Brush foil with oil or melted butter. Place fillets on foil and sprinkle with lemon juice. Season with salt and pepper. Seal and bake 5 to 6 minutes at 450°F (230°C).





## Cheddar-Topped Sauger Fillets

---

4 Freshwater Fish frozen sauger fillets (about 6 oz each)

---

2 tbsp margarine, melted

---

1 tbsp lemon juice

---

Pepper

---

1 cup shredded cheddar cheese

---

1/2 cup coarsely chopped mushrooms (canned or fresh)

---

2 tbsp chopped parsley

---

Arrange thawed fish in greased shallow baking dish. Combine margarine and lemon juice and pour over fish. Season with pepper. Bake at 450°F until fish flakes easily with fork.

Combine remaining ingredients. Spoon over fish and continue baking until cheese is melted.

Serves 2



## Lemon Pepper Sauger

---

4 Freshwater Fish sauger fillets

---

1 cup lemon pepper marinade (Lawry's Lemon Pepper with Lemon Juice Marinade is recommended)

---

1 cup breadcrumbs

---

1/2 cup seasoned salt

---

1/2 cup lemon pepper

---

2 tbsp vegetable oil

---

2 tbsp butter or margarine

---

1/3 cup light cream or half-and-half

---

1 tbsp grated lemon peel

---

1/3 cup toasted sliced almonds

---

In a re-sealable plastic bag or container, place fillets and lemon pepper marinade. Marinate in fridge for 30 minutes.

In a shallow pan combine breadcrumbs, seasoned salt and lemon pepper, mixing well. Remove fillets from marinade and roll in bread crumb mixture until completely covered.

Heat oil and butter in a large frying pan. Add fillets and cook for 3 to 4 minutes on each side, or until golden brown and fish flakes easily. Remove to a serving platter and keep warm.

Add cream and grated lemon peel to the pan drippings and bring to a boil, stirring constantly until slightly thickened. Spoon over fillets and sprinkle with almonds.

Serves 4



more  
| delicious  
recipes



Smoked, broiled, battered... Freshwater Fish can be prepared any number of ways. As a center-of-plate item or as an ingredient, freshwater fish is a quality source of protein and flavor.





# Fish Ball Soup

## Fish balls

---

1-3/4 lbs Freshwater Fish ground mullet

---

1-1/2 tbsp fresh ginger root, grated

---

2 tbsp white miso paste

---

1 tbsp sake

---

1-1/2 tsp sugar

---

1 egg

---

2 tbsp cornstarch

---

## Soup stock

---

1/3 cup sake

---

5 cups instant dashi (Japanese soup stock)

---

4 tbsp miso paste

---

6 shiitake mushrooms, shredded

---

1 leek

---

First, make the fish balls. Grate the ginger and squeeze it well. Combine ginger, ground mullet, miso, sake, sugar and egg in a food processor. Blend until the mixture is a paste. In a bowl, mix paste and cornstarch until thoroughly blended.

Remove the stems from the mushrooms and shred. Cut the leek into 1-1/2 inch strips.

Combine second amount of sake, dashi and miso paste in a pot and bring to a boil. Shape the fish mixture into bite-sized balls and drop them into the stock. Add the mushrooms and leeks.

Simmer the soup until the fish balls float to the surface. Serve immediately, in individual, deep bowls.

Serves 4





# Gefilte Fish

## Gefilte fish balls

3 lbs Freshwater Fish whole mullet or carp	
2 large onions (about 2 cups when grated and loosely packed)	
1 stalk celery	1/2 medium carrot
6 eggs, beaten	4 tsp sugar
2-1/2 tsp salt	3/8 tsp pepper
3/4 cup corn oil	1 cup matzo meal

## Cooking stock

Head and bones from fish	
4 medium onions, peeled and quartered	
2 stalks celery, trimmed and chopped into 3 inch pieces	
2 medium carrots, peeled	

Skin fish and remove the head and bones, reserving for later use.

In a food processor or grinder, grind fish with first amount of onions, celery and carrot. (If you use a food processor, make sure you leave no large pieces of fish or bones.)

Place fish mixture in a large bowl and add eggs, sugar, salt, pepper and corn oil, mixing thoroughly with a wire whisk. Stir in matzo meal and continue to mix until everything is thoroughly blended. Refrigerate for 1 hour or more.

Fill 2 large stockpots three-quarters full of water and bring to a vigorous boil. In each, throw in half of the fish head, bones and vegetables. Divide the fish mixture into 12 patties of equal size.

Transfer each patty to a large cooking spoon, shape into an oval and very gently lower it into the boiling water. Put 6 in each pot. Lower heat and simmer for 1-1/2 hours.

Remove fish balls and carrots from pots and refrigerate on a covered plate. Discard everything else. Serve chilled with red or white horseradish. Slice carrots for garnish.

Serves 12



# Freshwater Fish Steak with Mango Salsa

Freshwater Fish thanks Chef Dennis Palma for this delicious recipe!

## Fish

---

1 Freshwater Fish whole fish, large

---

## Marinade

---

2 tbsp olive oil

---

1 tbsp sea salt

---

1/3 cup fresh cilantro, chopped

---

1 fresh jalapeño, chopped

---

## Mango salsa

---

1 mango, diced

---

1 red onion, diced

---

2 tbsp garlic, minced

---

4 medium to large tomatoes, diced with seeds removed

---

1/2 cup cilantro, diced

---

1/3 cup pickled hot peppers, minced

---

In a medium-size bowl, mix the marinade ingredients together. Pour into a large re-sealable plastic bag. Cut the fish into steaks 1-1/2 inches wide. Add the fish to the marinade and coat steaks well. Set aside for at least 30 minutes.

Combine all ingredients in a bowl and mix. Let chill for at least 30 minutes. Before serving, remove as much of the liquid as possible.

Grill the fish steaks on medium high heat for 10 minutes and then flip to cook the other side until the fish is cooked through.

Serves 4



## Mullet in Wine Sauce

---

2 lb Freshwater Fish mullet fillets

---

(or northern pike, walleye, whitefish or sauger)

---

Salt and pepper

---

3 tomatoes, sliced

---

2 tbsp flour

---

2 tbsp butter or margarine

---

1/2 cup skim milk

---

1/3 cup dry white wine

---

1/2 tsp crushed basil

---

Chopped parsley

---

Preheat oven to 350°F.

Thaw and skin fillets. Sprinkle fillets on both sides with salt and pepper. Place fillets in a single layer in a greased baking dish, 12" x 8" x 2". Arrange tomato slices on top of fillets. Sprinkle with salt and pepper.

Melt butter in frying pan over medium heat. Blend in flour. Add milk gradually and cook until thick and smooth. Stir in wine and basil. Pour sauce over tomatoes and fish.

Bake for 25 to 30 minutes or until fish flakes easily when tested with a fork. Sprinkle with parsley.

Serves 6





## Toasted Walnut Tullibee Spread

Thanks to Chef Christian Ticarro in Minnesota for this delicious walleye recipe.

---

1 package (8 oz) cream cheese, softened

---

2 tbsp butter, softened

---

4 oz Freshwater Fish tullibee or whitefish, smoked

---

1/4 cup blue cheese, crumbled

---

1/4 cup toasted finely chopped walnuts

---

1 to 2 heads Belgian endive, separated into leaves

---

Mix cream cheese and butter in medium bowl until smooth. Stir in smoked fish, blue cheese and walnuts; mix well. Spread or pipe about 1 tsp mixture onto base of each leaf. Garnish with additional toasted walnuts. Chill until serving.

One head of Belgian endive makes 10 to 15 hors d'oeuvres





## Smoked Tullibee Salad Niçoise

---

1-1/2 lb small red potatoes

---

1/2 lb green beans, cut into 2 inch pieces

---

2 tbsp red onion, minced

---

1/2 cup vinaigrette dressing, divided

---

2 tomatoes, quartered

---

4 oz Freshwater Fish tullibee or whitefish, chunked

---

4 hard-cooked eggs, quartered

---

8 pitted Kalamata olives

---

Cook potatoes in boiling water until tender, about 10 to 15 minutes; drain. Let cool slightly. Cut warm potatoes into slices 1/4 inch thick, place in medium bowl.

Cook green beans in boiling water until tender, about 5 minutes; drain. Add green beans and onion to potatoes. Pour 1/4 cup dressing over vegetables, toss to coat. Let stand 15 minutes or chill until serving.

Arrange potato mixture, tomatoes, tullibee and eggs on serving platter or individual serving plates, garnish with olives. Drizzle with remaining dressing.

Serves 4



## Smoked Fish Dip

---

3/4 lb Freshwater Fish tullibee or whitefish, smoked

---

1 package (8 oz) cream cheese, softened

---

2 tbsp half-and-half cream

---

2 tbsp lemon juice

---

1/2 tsp liquid smoke

---

1/4 tsp garlic salt

---

Assorted crackers or chips

---

Remove skin and bones from fish and flake. Combine all ingredients except crackers; mix thoroughly. Chill. Serve with assorted crackers or chips.

Makes 2 cups



## Creole Seafood Seasoning

---

1/3 cup salt

---

1/4 cup granulated or powdered garlic

---

1/4 cup freshly ground pepper

---

2 tbsp cayenne pepper, or to taste

---

2 tbsp dried thyme

---

2 tbsp dried basil

---

2 tbsp dried oregano

---

1/3 cup paprika

---

3 tbsp granulated or powdered onion

---

Thoroughly combine all ingredients in a mixing bowl. Pour the mixture into a large glass or plastic jar. Seal it so that it's airtight. It will keep indefinitely.

Makes about 2 cups



## Yogurt Cucumber Tartar Sauce

---

2 green onions, sliced

---

1 tbsp chopped fresh parsley or dill

---

1 clove of garlic, minced

---

1 tbsp lemon juice

---

1/4 cup cucumber, chopped

---

1/2 cup yogurt or light mayonnaise

---

Salt and freshly ground pepper

---

Combine all ingredients in a small bowl. Cover and chill for 30 minutes before serving.

Makes about 1 cup





From Lake to Plate

[www.freshwaterfish.com](http://www.freshwaterfish.com) | 204.983.6601 | [sales@freshwaterfish.com](mailto:sales@freshwaterfish.com)