

SAVORY FISH RECIPES

Baked Fish a la Maurice
Barbecued Trout
Cranapple Fillets (Salmon or Trout)
Crayfish Boil
Crispy Rainbow Trout
Dad's Mushroom Masterpiece (Trout or Salmon steaks)
Dill Butter Salmon Steaks
Fish Boil (Whitefish or Trout)
Fish Soup (Walleye)
Lake Michigan Fish Chowder (Whitefish or Lake Trout)
Oven Fried Perch Fillets with Tartar Sauce
Poached Fish Fillets with Cheese Sauce
Poor Man's Lobster—Burbot (Freshwater Cod)
Poor Man's Shrimp—Burbot (Freshwater Cod)
Root Vegetable Hash with Lake Herring
Salmon Steaks Almondine
Seared Whitefish with Creamy Grits
Sesame Fish Steaks (Whitefish, Halibut or Ocean Perch)
Shrimp Fried Rice
Smoked Fish Spread
Stuffed Salmon or Trout
Vern Hacker's Fish Chowder
Vineyard Trout



Photo credit: Marie Zhuikov, Wisconsin Sea Grant

**Seared Whitefish with Creamy Grits, Sweet Corn Chow Chow and Herring Butter Sauce
Winner of the 2013 Lake Superior Fish Classic**



Photo credit: Chris Benson, Minnesota Sea Grant

**Root Vegetable Hash with Lake Herring
Runner-Up Winning Recipe of the 2013 Lake Superior Fish Classic**

BAKED FISH A LA MAURICE

1 green pepper, sliced
1 onion, sliced
1 tomato, sliced
1 pound fish fillets
1/4 cup water (or tomato juice)
2 tablespoons butter
1/4 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon paprika
1 cup yogurt

Place half of the vegetables in a greased baking dish. Season fish fillets with salt and pepper and arrange on top of vegetables. Cover with remaining vegetables. Add water or tomato juice, dot with butter and sprinkle with paprika.

Bake at 350° for 15 minutes or until almost done. Cover with yogurt and return to oven (under broiler if desired) until yogurt is bubbly and heated through.

Serves 3-4.

seagrants.wisc.edu



BARBECUED TROUT

1 large trout
1/4 lemon wedge
Herbs, if desired, such as parsley, basil or minced chives

Brush trout cavity with juice from lemon wedge and sprinkle with herbs. Place in shallow pan and pour on marinade. Let stand one hour, turning once.

Cook over hot coals on well-greased grill, turning once. Baste while cooking with strained marinade.

Total cooking time is 5-8 minutes per side.

Serves 4.

MARINADE:

1/2 cup soy sauce
1/2 cup cooking sherry
1 tablespoon lime or lemon juice
1/4 cup vegetable oil
1 clove garlic, crushed

Place marinade ingredients into shaker and shake well.

seagrants.wisc.edu



CRANAPPLE FILLETS

6 fresh salmon or trout fillets

APPLE BOUILLON:

4 cups apple juice	1/2 cup onion, sliced
1 rib celery, cut to 1-inch lengths	1 bay leaf
4 peppercorns	1 teaspoon salt

In a large pan, combine apple juice, onion, celery, bay leaf, peppercorns and salt. Mix well and heat to boiling. Simmer 10 minutes to blend flavors. Place the fillets on a rack over the mixture and steam for 9-10 minutes or until fish flakes easily when tested with a fork. Carefully remove fish to a hot platter. Discard the mixture.

CRANBERRY SAUCE:

1 cup apple juice	1/4 cup lemon juice
2 cups fresh cranberries	3/4 teaspoon cinnamon
1/2 cup sugar	

To prepare the cranberry sauce, add apple juice to a small pan. Stir in lemon juice, cinnamon and sugar and bring to a boil. Reduce to medium heat and add the cranberries. Cook until cranberry skins pop (about 5 minutes). Partially mash the berries and stir for another 2-3 minutes. Place fillets on a bed of romaine lettuce and cover with cranberry sauce. The sauce can be made ahead of time and refrigerated, providing a tasty combination of warm fish and cool sauce.

seagrants.wisc.edu



CRAYFISH BOIL

3 dozen crayfish
salt, dill seed, other desired seasonings
melted butter or cocktail sauce

Crayfish should be cooked live; the meat spoils quickly when they die. Before boiling, dump crayfish into an ice-cold, salt-saturated water bath. This will render the shellfish unconscious for a few minutes, making them easier to handle. If the shellfish come from clean water, there is no need to devein them before cooking.

Add desired seasonings (pickling spices are one suggestion) to pot of water and bring to rolling boil. Add crayfish, cover and cook 10 minutes. Remove crayfish from pot and drop into ice water to make meat easier to remove.

To remove meat, grasp crayfish body in one hand, tail in the other. Twist tail and pull from body. Grasp tail in two hands and twist at center to open shell. Remove meat and serve with melted butter or cocktail sauce. Once the meat is extracted, it can be substituted for shrimp or lobster meat in a wide variety of dishes – salads, soups, canapés, newburgs or other creamed dishes.

Crayfish (or crawfish) are considered a great delicacy in the southern United States and in Europe, where gourmet restaurants always have “écrevisse” on the menu.

seagrant.wisc.edu



CRISPY FRIED RAINBOW TROUT

6 pan dressed rainbow trout or other small fish, fresh or frozen
1/2 cup evaporated milk
1 teaspoon salt
Dash of pepper
1 teaspoon paprika
3/4 cup flour
1/3 cup cornmeal
3/4 cup oil for frying

Thaw frozen fish. Clean, wash and dry fish.

Combine flour, cornmeal, paprika, salt and pepper on a piece of waxed paper.
Put evaporated milk in a shallow bowl large enough to hold fish.
Dip fish in the milk and then roll in flour mixture.

Heat oil in a 12-inch frying pan. Place fish in pan in a single layer, and fry 4-5 minutes or until lightly browned. Turn carefully (so breading does not come off). Fry 4-5 minutes on other side or until lightly browned and flaky. Drain on absorbent paper.

Serves 6.

seagrant.wisc.edu



DAD'S MUSHROOM MASTERPIECE

4 trout or salmon steaks, 6-8 ounces each

One to two cups of water are needed to steam the fillets, depending on the pan used. For each cup add 1 tablespoon of salt and stir. Steam the fillets for 9-10 minutes or until they flake easily when tested with a fork.

MUSHROOM SAUCE:

2 cups fresh mushrooms	1/4 cup chopped onion
1 tablespoon Dijon mustard	2 tablespoons butter
1 tablespoon all-purpose flour	1/4 teaspoon salt
1/4 cup sour cream	1/3 cup milk
1 tablespoon white wine	1/8 teaspoon pepper

In a small saucepan, cook and stir mushrooms and onion in the butter over medium heat until the onion is tender, about 5 minutes. Stir in the flour, salt and pepper. Blend in milk. Cook over medium heat, stirring constantly until thickened, about 3 minutes. Remove from heat and stir in sour cream, mustard and wine. Pour the sauce over the steamed fillets and serve.

seagrants.wisc.edu



DILL BUTTER SALMON STEAKS

4 tablespoons butter or margarine
1 teaspoon dill seed
1 tablespoon lemon juice
2 teaspoons fresh chives and/or parsley
Pinch pepper
2 salmon steaks (approximately 1 pound)

Combine first five ingredients and chill several hours.
Broil salmon steaks, basting with chilled mixture.
Serve with dill butter over top of steaks.

Serves 2.

seagrants.wisc.edu



FISH BOIL

1/2 pound whitefish or trout (after cleaning) per person (You may also use any other firm-fleshed fish.)

2 small-to-medium-sized red potatoes per person, unpeeled, with the ends tripped

1 medium onion per person, peeled but left whole

1/2 cup salt

Large kettle, preferably with a wire basket

Place potatoes and ¼ cup salt in kettle and fill with water to about 4 inches from the top. Bring to a boil and cook 12 minutes, regulating heat to produce a steady, rolling boil. Add fish and onions and the remaining salt and boil another 12 minutes or until fish is just done (should flake easily with a fork). Skim off surface scum. Lift out basket with fish, potatoes and onions and drain at once.

Serve immediately with clarified butter, parsley and lemon wedges. Salt to taste.

FISH SOUP

1 medium-large rutabaga, diced
1 quart water
1 quart diced, peeled potatoes
2 teaspoons salt
1 medium onion, thinly sliced
1 pound fish, such as walleye
1 tablespoon lemon juice
1 tablespoon flour
1 1/2 cup milk
1-2 tablespoons butter or margarine
Parsley, finely chopped

Cook rutabaga in water until it can be pierced with a fork. Add potatoes, salt and onion. Simmer 15 minutes. Add fish and lemon juice and simmer 10-15 minutes more. Mix flour and milk well. Add to above mixture and simmer 5 minutes. To serve, put thin slices of butter or margarine on top and sprinkle with parsley.

Serves 4.

LAKE MICHIGAN FISH CHOWDER

1 medium whitefish or lake trout
3 heaping tablespoons bacon fat
2 medium onions, chopped
Equal volume celery leaves, chopped
2 medium carrots, thinly sliced
4 large potatoes
Milk to cover
2 cups fish stock

Boil chunks of fish until they flake apart and remove the bones. Save the water for stock.
Melt bacon fat in a soup pot and add onions, celery leaves and carrots. Fry until golden.

Add 2 cups fish stock and thick-sliced or diced potatoes and slowly cook until tender, keeping just enough water in pot so they do not stick. When the potatoes are tender, add fish and milk to taste and to the consistency you prefer and simmer nearly to a boil. Add salt and pepper to taste, and 1/4 teaspoon chili powder if desired.

seagrant.wisc.edu



OVEN FRIED PERCH FILLETS WITH TARTAR SAUCE

1 pound perch fillets
1/2 cup wheat germ
1/2 cup toasted bread crumbs (preferably whole wheat)
4 tablespoons margarine or butter, melted
1/2 cup milk
Salt and pepper for seasoning

Mix wheat germ and bread crumbs on piece of waxed paper. Dip fillets in milk, then press into crumb mixture. Place skin side down on flat pan that has been oiled with 2 tablespoons of margarine. Drip the remaining 2 tablespoons of margarine over top and sprinkle with salt and pepper.

Bake at 500° for 10 minutes.

TARTAR SAUCE:

1 cup mayonnaise
2 tablespoons vinegar
1 teaspoon prepared mustard
2 tablespoons pickle relish
2 tablespoons honey or sugar

Combine ingredients, stir well and serve with oven fried fillets.

seagrant.wisc.edu



POACHED FISH FILLETS WITH CHEESE SAUCE

1 pound fillets
1 cup milk
2 tablespoons sherry
1/4 teaspoon Worcestershire sauce
1/2 teaspoon salt; dash of pepper
1 tablespoon flour
3 ounces sharp cheddar cheese, grated

Put 3/4 cup of milk, sherry, Worcestershire, salt and pepper into skillet, mix and heat to simmer. Add fish fillets, cover and poach until done. With a slotted spatula, carefully remove fish to a serving platter and cover to keep warm.

Combine 1/4 cup milk and flour in a separate container. Add to simmering liquid in pan and stir well with a wire whisk. Add grated cheese and stir until melted and thick. Pour over fillets, sprinkle with paprika and serve.

Serves 2-4.

POOR MAN'S LOBSTER

1 pound fresh burbot (freshwater cod) fillets cut into 4-inch chunks

Fill fairly shallow pan with water. Add 1 tablespoon salt and ½ tablespoon lemon juice. Bring to rolling boil. Add fish, and when pot begins to boil again, turn down heat and simmer for 3 minutes or until fish is done. Drain and serve immediately with clarified butter or lemon juice.

Variation: Put cooked fillets on rice bed on a serving platter and cover with white sauce (below) flavored with curry powder, shredded or grated cheese, parsley or other ingredients.

Serves 3.

WHITE SAUCE:

3 tablespoons butter/margarine

1/4 cup chopped onion

3 tablespoons flour

1 can (10 3/4 ounces) chicken broth

Melt butter/margarine in small saucepan and sauté onions until clear. Stir in flour and desired seasonings. Over medium heat, add chicken broth and stir until thickened. Add cheese if desired.

Makes 1 1/2 cups sauce.

seagrant.wisc.edu



POOR MAN'S SHRIMP

1 1/2 pounds burbot (freshwater cod) fillets

Freeze burbot for several days. (This will give it a shrimp-like consistency when cooked.)

Thaw until fish is unfrozen but still firm. Boil water and seasoned (to taste) with salt, dill, caraway seeds or other spices. Add fish and cook for 5 minutes or until fish is done. Cool and refrigerate.

Before serving, slice fish into thin strips, roll and spear with toothpicks. Serve with chili or red sauce (see below).

Serves 4.

RED SAUCE:

1 cup catsup

3 tablespoons lemon juice

1 tablespoon horseradish

1/2 teaspoon celery salt

1/4 teaspoon Worcestershire sauce or 3 drops tabasco sauce (optional)

Combine and chill. Makes 1 cup of sauce.

seagrants.wisc.edu



ROOT VEGETABLE HASH WITH LAKE HERRING

Chef Scott Graden, The New Scenic Café, Duluth

Runner-up Winning Recipe of the 2013 Lake Superior Fish Classic

Serves 1

Vegetable hash

- 1 ounce Cooked red beets, small dice
- 1 ounce Cooked gold beets, small dice
- 1 ounce Roasted sweet potato, small dice
- 1 ounce Cooked Yukon gold potato, small dice
- 1 ounce Red onion
- 1 ounce Apple (honey crisp), small dice
- 1 teaspoon Garlic, minced
- ½ ounce Crushed hazelnuts
- 1 each Soft-boiled egg, diced
- 1 ounce Butter
- 1 ounce Rendered duck fat

Boil or roast each root vegetable until fork-tender.

Remove skins, if desired.

Small dice root vegetables, set aside.

Small dice red onion, mince garlic and set aside.

In a sauté pan, add butter and duck fat.

Once hot, add diced vegetables, onion and garlic.

Heat through, add salt and pepper to taste, toss gently with egg, apple and hazelnuts, set aside and hold until plating

Gastrique sub recipe

- 2 ounces Cider vinegar
- 3 ounces Reduced apple cider
- 1 ounce Maple syrup
- ½ each Lemon zest

Combine ingredients and set aside

Lake Herring

- 5-7 ounces Fresh lake herring fillet

- 1 ounce Butter

- 1 ounce Rendered duck fat

Clean fresh herring, fillet, debone and slit skin side every 1/16 inch. Set aside.

In a sauté pan, melt butter and rendered duck fat.

Increase heat to 350 degrees or just below the flash point.

Gently place herring in pan, skin-side down.

Cook for 2-3 minutes and flip.

Turn off heat, set fish aside until plating.

Finish and plating

Soft poach a medium egg

To construct the dish, place the hash in the center of the plate. Top with the herring fillet. Top fish with the poached egg. Finish with cider gastrique, fresh dill sprigs, roe and candied berries.

- 3 each Dill sprigs

- 2 teaspoons Roe or caviar

- 4-6 each Candied blueberries

Salt and pepper to taste

SALMON STEAKS ALMONDINE

4 salmon steaks

COURT BOUILLON:

6 1/2 cups water	1/8 teaspoon peppercorns
1 1/2 cups white wine	1 large carrot, cut into 1 inch pieces
2-3 thin lemon slices	1 medium onion, sliced/chopped
1 tablespoon snipped parsley	1 bay leaf

Combine the ingredients in a sauce pan and bring to a boil. Reduce the heat and simmer until the liquid is reduced by about 1/3. Strain the liquid through cheese cloth. Place the steaks on a rack over 1-2 cups of the bouillon and steam about 9-10 minutes. The rest of the court bouillon may be saved by freezing.

ALMONDINE BUTTER SAUCE:

6 tablespoons butter	1/4 cup sliced almonds
Dash of cayenne pepper	1 tablespoon fresh lemon juice

In a small skillet, melt 1 tablespoon butter over medium heat. Add almonds. Cook and stir over medium heat until almonds are light brown, about 4 minutes. Add 5 tablespoons butter, lemon juice and a dash of cayenne pepper. Stir until the butter melts and then pour over the steamed salmon steaks.

seagrants.wisc.edu



**SEARED WHITEFISH WITH CREAMY GRITS, SWEET CORN CHOW CHOW
AND POACHED HERRING BUTTER SAUCE**

Chef Seth Vander Laan, Potawatomi Bingo Casino, Milwaukee

Winner of the 2013 Lake Superior Fish Classic!

Serves 4

Whitefish Fillets

2 Each Whitefish fillets, skin on and cut in half
2 Tablespoons Canola oil
2 Ounces Poached herring butter dauce

Heat sauté pan over medium high heat. Add canola oil and sear fish portions skin side down. Continue cooking until browning appears up the side of the fish. Turn fish over and continue cooking for 1 minute. Remove from pan.

Plate fish with poached herring butter sauce under the fish to keep skin crispy.

Serve with 1/4 Cup Creamy Grits and 1/4 Cup Sweet Corn Chow Chow

Creamy Grits

1/4 Cup Stone ground white grits
1 Cup Chicken stock
1 Tablespoon Butter
2 Tablespoons Heavy Cream
To taste Salt and white pepper

Bring stock and cream to a boil.

Add grits and continue to simmer over medium low heat for 30 minutes. Stir occasionally.

Turn off heat and add butter. Season with salt and white pepper to taste.

Sweet Corn Chow Chow

1 Ear Fresh sweet corn, cut off the cob
1 Tablespoon Red pepper, small dice
1 Tablespoon Roma Tomato, small dice
1 Tablespoon White onion, small dice
1/4 Cup Champagne vinegar
1/3 Cup Cold water
1 Teaspoon Sugar
1 Pinch Fresh ground mustard seed
1 Pinch Fresh ground coriander
1 Teaspoon Chopped fresh herbs (basil, thyme and parsley)

Combine all ingredients in a large bowl and let sit at room temperature for 45 minutes.

Adjust seasoning with salt and pepper to taste. Serve at room temperature.

Poached Herring Butter Sauce

1 Cup Court bouillon or vegetable stock
2 Tablespoons Sweet white wine
1 Tablespoon Heavy cream
1/4 Cup Butter, cubed
2 Each Lake herring fillets, skin off
To taste Salt and white pepper

Bring bouillon and white wine to a light simmer. Turn off heat and let sit for 1 minute.

Add herring to liquid and let sit for 3 minutes or until cooked all the way through.

Remove herring and set aside. Discard 1/2 of the liquid in the pan. Add the heavy cream and reduce remaining liquid by half.

Remove from heat and slowly add the cubed butter.

Lightly shred the cooked herring and add to butter sauce.

Season to taste with salt and white pepper.

SESAME FISH STEAKS

3 fish steaks (whitefish, halibut or ocean perch) about 1 inch thick
3 teaspoons oil or margarine
2 cups soft, whole wheat bread crumbs
1 teaspoon vegetable salt
1/2 cup sesame seeds
1/2 teaspoon thyme
3 tablespoons butter or margarine

Oil baking pan with 3 teaspoons of oil or margarine. Salt each steak and place in pan. Pour 1/2 tablespoon melted butter on top of each steak. Combine bread crumbs, salt, sesame seeds, thyme and remaining butter. Spread this mixture on top of steaks.

Bake uncovered in 350° oven for about 30 minutes or until fish flakes easily.

SHRIMP FRIED RICE

1 medium onion, thinly sliced
peanut oil or other oil for frying
4 cups cold cooked rice
8 ounces cooked baby shrimp
2 eggs, well beaten
4 tablespoons soy sauce
2 tablespoons cooking sherry
1/4 teaspoon garlic powder
1/8 teaspoon freshly ground pepper

Add a little water to rice to loosen grains. Mix beaten eggs and shrimp in a bowl.

In skillet or wok, heat oil and sauté onion until tender. Add shrimp and eggs and cook over medium heat, stirring constantly. Add rice and cook 2 minutes, stirring constantly. Add last four ingredients, stir fry 2 minutes.

Serves 4.

seagrants.wisc.edu



SMOKED FISH SPREAD

1 1/2 pounds of smoked fish
2 teaspoons minced onion
2 teaspoons finely chopped celery
1 clove garlic, minced
2 tablespoons finely chopped sweet pickle
1 1/4 cups mayonnaise
1 tablespoon mustard
2 tablespoons chopped parsley
Dash of Worcestershire sauce

Remove skin and bones from fish and flake well.

Mix all ingredients together and chill one hour before serving.

seagrants.wisc.edu



STUFFED SALMON OR TROUT

1-3 lb. fresh or frozen dressed salmon or trout
2 cups dry bread cubes
1/3 cup finely chopped onion
1/3 cup sour cream or yogurt
1/4 cup chopped dill pickle
1/2 teaspoon paprika
1/4 cup salad oil
1/2 teaspoon salt; pepper to taste

Thaw frozen fish. Sprinkle with salt and pepper. Place fish in well-greased shallow baking pan. Combine bread cubes, onion, sour cream, pickle, paprika, salt, pepper and stuff fish loosely with this mixture. Brush fish with oil and cover with foil.

Bake at 350° for 45-60 minutes

Serves 6.

seagrants.wisc.edu



VERN HACKER'S FISH CHOWDER

5 pounds white potatoes, preferably Idaho	51-ounce can of tomato soup
1 onion, 3-inch diameter	3/4 tablespoons black pepper
1 3/4 tablespoon salt	1/2 pound butter
4 pounds boned fish (thaw if frozen)	1 pint half & half cream
28-ounce can of whole tomatoes	
1/4 pounds soda crackers, reduced to meal in blender--add hot water to make a slurry	

Peel, quarter and thinly slice potatoes. Rinse in cold water until water is clear of excess starch. Place potatoes in a 12-quart kettle, cover with water and then add 2 extra quarts of water. Put onion in blender with a little water and reduce it to liquid. Add onion and salt to potatoes. Boil until potatoes are soft. **DO NOT POUR OFF LIQUID.** With potato masher, reduce about 3/4 of the potatoes to a puree. Cut fish into chunks and add to potato puree. Put whole tomatoes in blender for 2 seconds to break them up and add to potato puree along with tomato soup. Cook until the fish flakes, then turn down heat. Add pepper, butter, half & half and soda crackers. Add hot water to give mixture the consistency of a medium-thick soup. Simmer for a half hour. Then eat and enjoy. Freezes nicely.

Makes 3 gallons.

seagrants.wisc.edu



VINEYARD TROUT

4 trout fillets (6-8 ounces each)

Wine bouillon:

1 cup water

1/2 cup dry white wine

1/4 teaspoon dill seed

1/2 teaspoon seasoned salt

1/4 teaspoon rosemary

Mix the water and wine in a large pan or wok and add the seasonings. Adjust the amount of water and wine to taste. Arrange trout fillets on a rack and steam for 10-11 minutes or until they flake easily with a fork. Remove fillets to a platter. Discard the remaining steaming liquid. Carefully lift any bones remaining from the meat, leaving each fillet in a solid piece.

WINE SAUCE:

1/4 cup finely chopped celery

2 tablespoons butter

1 tablespoon finely chopped onion

2 tablespoons flour

1/8 teaspoon pepper

1/2 cup half-and-half

Dash of marjoram leaves

1/2 cup shredded Monterey Jack cheese

Dash of dried thyme leaves

1/2 cup white wine

In a small sauce pan, sauté celery and onion in the butter over medium heat until tender, about 5 minutes. Add the flour, pepper, marjoram and thyme, stirring until smooth. Gradually blend in the half-and-half and continue over medium heat stirring constantly until the sauce thickens and begins to boil, about 5 minutes. Mix in the cheese until it is all melted and remove from heat. Merge the wine with the sauce slowly. Cover the steamed fillets generously with the sauce.

seagrant.wisc.edu

