

"Fishy" Recipes for Manitoba

NOTE

Pan Fried Fish

(This works great with pickerel or pike!)

1. Dip fresh or thawed fillets or pan-sized fish in milk, and roll in seasoned flour, bread crumbs, cracker crumbs, corn-meal or corn flake crumbs. Coat well.
2. Pan fry in skillet in hot vegetable oil about 3 minutes on each side or until fish flakes easily with a fork. Garnish with parsley and lemon wedge and serve immediately.

Stuffed Baked Fish

(Delicious with any species of trout)

1. Take whole, dressed (cleaned) fish (thaw if frozen and pat dry. Rub inside with salt, pepper, and lemon juice. Stuff with finely sliced vegetables (green pepper, mushrooms, onion, celery, etc.) or with a seasoned bread stuffing. (Try a few raisins in your bread stuffing!). Contain stuffing in cavity by closing with string or skewers.
2. Place fish on greased baking dish. Brush with melted butter or oil or cover with sauce.
3. Bake at 230°C (450°F) for 5 to 7 min. per cm (10 to 12 min. per in.) thickness of stuffed fish.

Broiled Fish

(Fine with any species!)

1. Season fillets or pan-sized fish with salt and pepper and brush with melted butter or oil. (Try garlic butter, but not too much or you won't taste that delicious fish!). For marinated pieces of fish, remove from marinade and drain briefly. Place on well-greased broiler pan.
2. Place pan under preheated broiler 10 cm (4 in.) from the heating source for fresh or thawed fish and 15 to 20 cm (6 to 8 in.) from heat for frozen fish. Broil 2 to 3 min. for thawed fish or 4 to 6 min. for frozen fish.
3. Baste again and broil an additional 2 to 3 min. for fresh and 4 to 6 min. for frozen fish, or until fish flakes easily when tested with a fork.

Steamed Fish

(Perfect for all species!)

1. Season and stuff whole fish as for baking, or season fillets with salt and pepper and herbs such as basil, thyme, tarragon, or dill.
2. Grease a sheet of foil or the bottom of a covered casserole dish with vegetable oil. Place prepared fish on foil or in casserole. Squeeze juice of one lemon over fish if desired. Enclose by sealing foil or covering casserole.
3. Bake in preheated oven at 230°C (450°F) (or over a campfire or barbecue if wrapped in foil) for 5 to 7 min. per cm (10 to 12 min. per in.) thickness of fresh or thawed fish, doubling the time for frozen fish.