

## RECIPES

### Stuffed Baked Fish

1. Take whole, dressed fish (thaw if frozen) and wash and pat dry. Rub inside with salt, pepper and lemon juice. Stuff with finely sliced vegetables (green pepper, mushrooms, onions, 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 minutes per cm (10 to 12 minutes per inch) thickness of stuffed fish.

### Steamed Fish

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 butter. Place prepared fish on foil or in casserole. Squeeze juice of one lemon over fish if desired. Enclose by sealing foil or by covering casserole.
4. Bake in preheated oven at 230°C (450°F) (or over a campfire or barbecue if wrapped in foil) for 5 to 7 minutes per cm (10 to 12 minutes per inch) thickness of fresh or thawed fish, doubling the time for frozen fish.

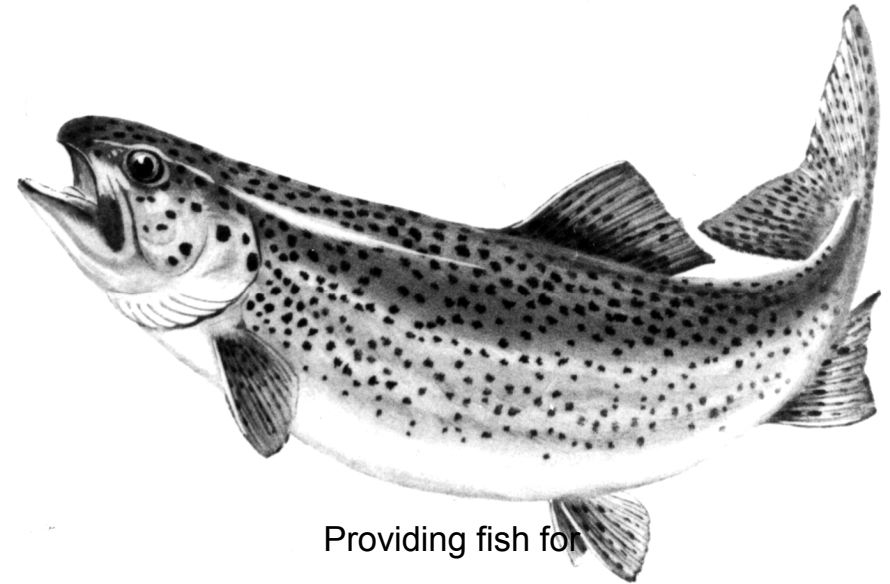
### Pan Fried Fish

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

### Broiled Fish

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 inches) from the heating source for fresh or thawed fish and 15 to 20 cm (6 to 8 inches) from heat for frozen fish. Broil 2 to 3 minutes for thawed fish or 4 to 6 minutes for frozen fish.
3. Baste again and broil an additional 2 to 3 minutes for fresh and 4 to 6 minutes for frozen fish, or until fish flakes easily when tested with a fork.

# MANITOBA FISH FARMING OPERATIONS 2010-2011



Providing fish for

- **Pond Stocking** ·
- **Recreational Fishing** ·
- And just plain**
- **Good Eating!** ·



MANITOBA FISH FARMING OPERATIONS 2010 – 2011			SPECIES				SIZES				TO EAT		TO FISH	
NAME & ADDRESS	CONTACT	PHONE	Rainbow Trout	Brook Trout	Brown Trout	Arctic Char	Eggs	0 to 2"	2" to 6"	6" +	Fresh	Smoked	General Public	Private Club
Arctic Aquafarms** Box 51 Garson MB R0E 0R0	Peter Palaschuk	204-268-3327 FAX: 204-338-0656	•	•	•	•	•	•	•	•	•	•		
Clear Springs Aqua Farms Box 1239 Roblin MB R0L 1P0	Ken Markosky	204-937-4403 or 204-937-8087	•						•	•			•	
Garson Sportfishing Park* Box 51 Garson MB R0E 0R0	Peter Palaschuk	204-268-3327	•	•	•	•				•			•	
Manitoba Rainbow Trout Farmers Association Box 946 Minnedosa MB R0J 1E0	John Wityshyn	204-867-3715	•						•					
Rainbows North Box 732 Swan River MB R0L 1Z0	Craig Souter	204-525-2040	•						•	•				
Two Fish Pond Box 242 Blumenort MB R0A 0C0	Howard Plett	204-326-3198 or 204-346-3111	•							•	•		•	
Valley Fish Farm Box 183 La Riviere MB R0G 1A0	Clinton Boyd	204-242-3228	•							•	•			

\* Also has rainbow trout and perch to eat (wholesale only).

\*\* Also has 6"+ tiger trout, cheetah trout, spar, lake trout, walleye and perch to eat and fish.