

**VERMONT  
DEPARTMENT OF FISH  
& WILDLIFE**



**FISHING FESTIVAL**



**FISH RECIPES**

## **General Information**

Do not keep any fish longer than two days without freezing it. When you bring it home, rinse it thoroughly under cold running water and pat it dry with paper towel. Cover the fish loosely with wax paper so that the air can circulate around it, and store in the coldest part of the refrigerator, preferably on a bed of ice.

### **Scaling Fish and Removing Fins:**

Cover a table or counter top with newspaper. Take hold of the fish tail with a clean cloth and scrape off the scales using a fish scaler or a straight, sharp knife. Scrape from the tail toward the head, slanting the knife slightly to keep the scales from flying. Turn the fish over and repeat on the other side.

To remove the fins, insert the tip of the knife at one end of the fin. Run the blade up one side of the fin and then down the other, tilting the blade so that the cuts meet. Lift out the fin with a tug.

### **Cleaning Fish:**

Lay newspapers on a table or countertop, or use a plastic table for cutting. Make a cut in the underside of the fish with scissors or a sharp knife, cutting from the anal opening to the head. Cut at the throat where it is attached and remove the entrails. Rinse the inside under running water to rid of any clotted blood clinging to the backbone. Wipe inside out with a paper towel or a damp cloth.

### **Skinning Fish:**

Cut off a narrow strip of skin along the entire length of the backbone. Loosen the skin on one side from the bony part of the gills. If the flesh is very firm, the skin will peel off easily. If it is soft, you will have to work slowly and carefully, pushing the flesh away from the skin with the back of the knife. Turn over and skin the other side.

### **Cooking Fish:**

Fish should be moist when it is served. But it is commonly so overcooked that it is dry and tasteless. If the fish is cooked whole, probe with a fork to look at the flesh around the bone. When this is opaque (usually white, or pink in the case of salmon) and no longer raw-looking,

and when it pulls away easily from the bone, the fish is done. Fillets are done when the flesh has turned opaque at the thickest part.

**Using Leftover Fish:**

Leftover fish will last two or three days if it is well chilled and covered. Little bits or small pieces can be used in a salad, a crepe, or an omelet. Large pieces can be stretched by garnishing with quartered hard boiled eggs, tomato wedges, and black olives, and serving with mayonnaise with herbs or a yogurt dressing. Fish heads and skeletons can be used in a bouillon or fish soup.

CONTINUE READING BELOW FOR SOME OF THE DEPARTMENT STAFF'S FAVORITE RECIPES!

# RECIPES:

## Trout Poached in Wine

2x 1-2 pound trout  
1 TBS lemon juice  
2 TBS butter  
2 sprigs parsley

1 cup dry white wine  
salt and freshly ground black pepper  
2 TBS finely chopped shallots

Clean, fillet, and skin the trout, reserving the bones and skin. Place bones, skin, wine, lemon juice, salt, pepper, and parsley into a pan and simmer gently at least 25 minutes. Strain and reserve the liquid. Preheat oven to 350 degrees. Sprinkle half the shallots in the bottom of a buttered small shallow baking dish. Arrange the fillets on top, slightly overlapping, and season with salt and pepper. Sprinkle the remaining shallots over the fish and dot with butter. Pour the reserved wine stock over trout dish, cover tightly and bake for 15 minutes, or until the fish flakes easily.

## Baked Stuffed Trout:

2x 2-pound trout, heads and tails left on, cleaned  
2 TBS butter  
½ cup finely chopped onion  
¼ cup chopped green pepper  
¼ cup chopped toasted almond  
Salt and ground black pepper

4 slices bacon  
¼ cup diced salt pork  
¼ cup finely chopped celery  
1 cup soft breadcrumbs  
1 tsp thyme

Preheat oven to 400 degrees. Place butter and salt pork in a skillet and cook until salt pork bits are crisp. Add onion and sauté until tender. Remove skillet from heat and add celery, green pepper, breadcrumbs, thyme, almonds, salt, and pepper. Use the mixture to stuff the trout. Secure trout with toothpicks. Place each fish on a sheet of buttered aluminum foil. Season fish with pepper and lay two slices of bacon over each. Bring up the tin foil and close to make two packages. Place on a baking sheet and bake for 20 minutes. Turn back the foil to expose top of fish and baste with fish liquid. Bake another 5-10 minutes or until fish flakes easily.

## Trout Meuniere:

6 trout fillets  
1 cup milk  
½ cup flour  
Chopped parsley

salt and pepper  
1/3 cup vegetable oil  
¼ cup butter  
lemon wedges

Dip the fillets in the milk and let stand until ready to cook. Blend the flour with salt and pepper. Drain the fillets but do not dry. Dip them in the seasoned flour. Heat the oil in a large skillet and cook the fillets until golden brown, turning once. Transfer to a warm serving platter. Wipe out the skillet. Add butter to the skillet and cook until butter begins to brown. Pour the butter over the fish, sprinkle with parsley, and garnish with lemon wedges.

## Baked Trout Fillets:

3-4 trout fillets  
1 tomato, peeled and sliced  
1 small onion, thinly sliced  
Small package of fresh mushroom left whole

salt and ground black pepper  
1 cup dry white wine  
¼ cup butter

Preheat oven to 375 degrees. Place the trout in a buttered baking dish. Top with the tomato, onion, mushrooms, and dot with butter. Pour wine over all and season with salt and pepper. Bake 30 minutes or until fish flakes easily.

## Trout a la Jones:

6 trout up to 10", cleaned with head and tail left on  
2 medium onions, thinly sliced  
Salt and pepper

2 TBS olive oil  
4 TBS butter  
2 cloves garlic

In a large skillet, heat olive oil and 2 TBS butter until hot. Put trout in skillet and cook for 3 minutes each side on medium heat. Remove fish from heat and place in platter. Using a fork and fingers, carefully remove skin and gently lift meat from bones and set aside. Clean skillet and add remaining 2 TBS butter and onions and garlic. Cook until onions and garlic are softened. Add fish to skillet and continue cooking on medium heat until fish is flaky. Salt and pepper to taste.

## Broiled Bass Fillets:

Filletted bass  
Bacon, cooked  
Salt and pepper

4-5 TBS butter  
Crushed Italian breadcrumbs  
garlic powder

Spread 2 TBS butter in bottom of shallow baking dish. Lay fish fillets on bottom of dish. Place cooked bacon on top of fish with 2-3 TBS of butter. Add thin layer of finely crushed Italian breadcrumbs. Broil 10 minutes until breadcrumbs are lightly browned and fish is easily flaked with a fork. Season with salt, pepper, and garlic.

## Chartres Street Trout

6 trout, filleted  
Salt and pepper  
½ cup butter  
Juice of 1 lemon

¼ cup capers  
¼ cup freshly chopped parsley  
buttered toast

Preheat oven to 350 degrees. Cover a baking sheet with aluminum foil and butter it well. Arrange the fish fillets on the foil and sprinkle with salt and pepper. Dot fillets liberally with the butter and cover with another sheet of aluminum foil. Bake 8-10 minutes or just until the fish flakes easily with a fork. Transfer fish to a hot dinner plate and sprinkle with lemon juice, capers, and parsley. Serve with buttered toast.

## Pan-fried Brook Trout:

Brook Trout, cleaned with head and tail left on  
2 TBS flour  
Salt  
2 TBS minced chives

7 TBS butter  
3 TBS oil  
2 TBS lemon juice

Rinse the fish under cold water and pat dry with paper towels. Dust lightly with flour and sprinkle with salt. In a large skillet, melt 3 TBS of butter and oil. When it is hot, place trout in pan and fry over medium-high heat. When browned, turn and brown the other side: each side will take about 3 minutes. Melt the remaining 4 TBS butter with lemon juice and chives in a small saucepan. When trout is done, transfer to a warm platter and pour the butter and lemon sauce over the fish.

## **Batter Fried Fish:**

Fish fillets (trout, walleye, perch, pike, ect.)

1 cup flour

Salt and pepper to taste

1 tsp melted butter

1 egg

½ cup beer

Combine flour, egg, butter, salt, pepper, and beer in a blender or bowl. Beat until batter is smooth. Let batter stand covered for 4 hours before using. Heat at least 3 inches of oil in deep skillet or fryer and heat until temperature reaches 365 degrees. Dip fish fillets into the batter and submerge them carefully into oil. Use tongs to move pieces to prevent sticking. Fry 10 minutes or until done, and drain on paper towel.

# Hickory Smoked Trout!



## Standard brine for smoking trout:

- 3 gallons of water, 2 to 3 pounds of brown sugar, 1.0 lb. to 1.5 lb. pounds of table salt (manipulate brine either more sugar or more salt depending upon your taste).
  - 10" to 12" trout (ideal size).
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In a large mixing bowl add 1/ ½ gal clean, cool water.

Completely dissolve 2 pound brown sugar and 1 pound salt.

Completely submerge 12 (10" to 12" whole trout) to the mixture. If needed, add slightly more water. Use a large plate to cover top (helps sink the trout into the brine)

Let soak for 1 hour. Stir brine/trout once during the hour

Take out and let dry at room temperature for ½ hour.

## Smoker Operation (coal smoker)

Place coals in the bottom container (container 3/4 full of coals). Add warm water to the second container (3/4 full), this gives moisture during smoking.

Lay whole trout on the two racks.

Soak hickory chips in water before smoking. Add small handful directly on coals. Do this approx. every 20 min. for good smoke flavor.

For a dozen 10" to 12" trout, **4 hours** produces good results.

Flip trout on racks (3 times during the 4 hours). Change rack position (twice during the four hours). Larger bodied fish may take additional smoking time.

You want a golden brown color on skin and moist flesh inside.

Consume after they have cooled. They eat best refrigerated for up to 4 days or vacuum packed for 6 months.

**Add a piece of smoked trout, cream cheese or Cabot cheddar to your favorite cracker.**

**You can also add cream cheese and blend in a blender.**

**INHALE DEEPLY & ENJOY IT WHILE IT LAST!**

**Recipe prepared by: Tom Jones  
Northfield, VT**



## TJ's Fish Cakes w/ Chipotle Mayonnaise

### Main Ingredients

2 lb. fish fillets (bass, perch, walleye, bluegill, crappie, etc.)  
4 medium potatoes  
1 cup bread or cracker crumbs  
2 tbsp. chopped garlic  
1 tsp. salt  
½ tsp. pepper  
2 eggs beaten lightly  
Canola, Peanut, or Vegetable oil (for frying)  
2 tbsp. grated Parmesan cheese  
¼ cup chopped fresh parsley

### Chipotle Mayo

½ cup Mayo  
½ cup sour cream  
1/8 tsp. oregano leaves  
1 tsp. or more of chipotle powder.

Mix all ingredients except fish fillets and potatoes, set aside. Boil and mash the potatoes. Boil the fish until it flakes (do not overcook <3 minutes). Mix all ingredients by hand to form the fish cakes. Fry them in a skillet until golden brown on each side. Place on a bed of lettuce and add Chipotle Mayo mixture on top. Enjoy!

