

Gourmet
Freshwater

FISH RECIPES



Quick & Easy
Recipes

by Dr. Duane R. Lund

Salmon recipes are included in this freshwater fish cookbook because so many are now being caught in our inland lakes where they have been planted. What a great addition to freshwater fishing and to the dinner tables of Mid-America!

Marv's Three Zesty Baked Salmon Recipes*

All three of these recipes are for oven baked fillets. Remove the skin from the fillets, wash and pat dry and then cut into serving size pieces. Cuts should not exceed $\frac{3}{4}$ inch in thickness. If the salmon is large and the fillets are thicker than this, cut each of the fillets into two fillets with a horizontal cut starting where the fillet starts to get thicker than $\frac{3}{4}$ inch. This will give you 4 fillets per fish; cut into serving size pieces.

Use a baking sheet, sprayed or coated with cooking oil. As you place the cuts on the baking sheet, be sure the sides do not touch each other. Pre-heat the oven to 300° and place the tray in the center of the oven. Bake for a total of 20 minutes.

Recipe #1

Season the fish with salt, lemon pepper and dill weed (sparingly).

Spread regular mayonnaise over the fish (about 1 level T per piece).

Sprinkle very lightly with parsley flakes.

Recipe #2

Season cuts with salt, lemon pepper and a trace of sugar.

Cover each cut with *mild* salsa sauce.

Recipe #3

Season lightly with salt, lemon pepper and dill weed (sparingly).

Prepare a mixture of 1 stick butter (melted) and 1 T Worcestershire sauce.

Bake fish for 5 minutes, then baste with the sauce.

Bake another 10 minutes, and again baste with the sauce from the pan. Cook an additional 5 minutes.

*Marvin Campbell, Brainerd, Minnesota, Retired banker; master chef.

Sauces for Salmon

*Alaskan Barbecue Sauce **

May be used on fillets or whole fish while they are broiling and/or when the fish is served. Designed for salmon but works very well with lake trout or northern pike. It also works miracles for catfish or bullheads!

Ingredients for 2 pounds of fillets or steaks:

½ pound butter

1 lg. clove garlic, diced

4 T soy sauce

2 T mustard

¼ cup catsup

dash Worcestershire sauce

Using a double broiler, melt the butter. Stir in all the other ingredients and continue heating for about 20 minutes, stirring occasionally. Brush part of the liquid on the fillets or steaks while they are broiling and serve the balance (hot) with the meal. The above recipe will be sufficient to use with four servings.

*courtesy Mary Hayenga, St. Cloud, Mn.

Dill Sauce

Ingredients for approximately 4 pounds fillets or a 6 pound baked fish (live weight):

2 T minced fresh dill or 1 T dry dill

1 T chopped onion

2 T butter

1 T flour

½ cup cream

1 cup fish stock*

salt and pepper to taste

Sauté the onion pieces until clear. Stir in flour and cook for 3 minutes. Stir in all other ingredients, seasoning to taste. Serve hot over fillets, steaks or baked fish.

Broiling Sauce for Basting

Baste fillets on the grill with a mixture of soy sauce and melted butter. Use proportions of 2 T soy sauce to $\frac{1}{4}$ pound melted butter.

Salmon Salad

1½ pounds (6 pieces) salmon fillet (skinned),
serves 6.

2 cloves garlic, minced

3 T lemon juice

$\frac{1}{2}$ cup olive oil

1 t salt

1 head lettuce, torn into pieces (salad size)

1 cup salsa sauce

$\frac{1}{4}$ pound butter (to sauté fish)

Cut the salmon fillets into 6 serving size pieces. Use fillets from smaller salmon or cut a thick fillet from a larger salmon into 2 fillets (horizontal cut the length of the fillet).

Prepare marinade by mixing together the garlic, lemon juice, salt and olive oil. Place the fillets in a shallow, flat dish and pour $\frac{1}{2}$ of the marinade over the pieces. Refrigerate, covered, about 30 minutes. Discard this marinade.

Remove the fish and sauté in butter a few minutes on each side until done.

Arrange the lettuce on 6 salad plates. Lay the fish cuts (hot or cold) on the lettuce. Drizzle the other half of the marinade over the fish and lettuce. Spoon salsa sauce (about 2 T per serving) over the fish.

Smoked Salmon Dip

1 pound smoked salmon, flaked (if flakes are very large, chop into smaller pieces.)

1 cup mayonnaise

$\frac{1}{2}$ t Worcestershire sauce

1 clove garlic, minced

2 T celery, chopped fine

2 T onions, chopped fine

3 T sweet pickle relish

Mix thoroughly and refrigerate before serving.

Salmon and Cucumber Spread or Dip

½ pound cooked, flaked salmon (chop if flakes are too large).

½ cup mayonnaise

½ cup cucumbers, chopped fine

¼ t white pepper

Mix thoroughly and refrigerate.

Curried Salmon Dip

1 pound cooked salmon, flaked (and chopped if flakes are large)

1 pound yogurt (plain)

½ cup mayonnaise

4 T chives or onion greens chopped fine

1 T curry powder

2 T chutney

1 t white pepper

Mix thoroughly and refrigerate.

Salmon - Dill Spread

½ pound salmon, pre-cooked and flaked (chopped if flakes are large)

½ pound cream cheese

2 T lemon or lime juice

½ t white pepper

dash of salt

1 T dill weed

3 T mayonnaise

Use as sandwich spread or on small pieces of bread or crackers as appetizers.

Baked Salmon

Try any of the baking recipes for northern pike, muskie or lake trout.