

Recipes

Beer Batter

- 1 cup Bisquick
- 1/3 cup corn meal
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 4-6 ounces of beer

Combine dry ingredients and add beer to get proper consistency for dipping fish fillets. Salt fish lightly, then dip in batter. Deep fry at 375 degrees until golden brown on each side.

Fillets in Lemon Butter

- 1 pound firm fish fillets
- 1/2 to 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup butter
- 1/2 cup ch. parsley
- 1 tablespoon lemon juice
- 1/2 teaspoon paprika
- 1/2 cup buttery flavored cracker crumbs

In 12x8x2-in. dish arrange fillets with thickest areas to outside edges of dish. Sprinkle with salt and pepper. In 1-quart casserole place butter. Microwave at high one minute, until melted. Blend in parsley and lemon juice and pour over fish. Top with crumbs, then sprinkle on paprika. Microwave at high six to eight minutes.

Italian Trout

- 8 trout fillets
- 12 ounces of beer
- 2 tablespoon Italian dressing
- 1 tablespoon basil
- Salt and pepper to taste
- 2 teaspoon garlic powder
- 1 teaspoon Old Bay seasoning

Pour beer over fish. Add basil, salt, pepper, Old Bay and garlic powder. Stir in the Italian dressing. Chill for 20 minutes. Heat grill where beer will sizzle. Cook trout until trout flakes.

Fish Chowder

- 1 can cream of potato soup
- 1 can water (or 1½ cans of milk)
- 1 small grated onion
- As much boneless fish as you desire
- 2 tablespoons of butter
- Salt and pepper to taste

Boil or steam fish. Combine all ingredients. Bring to boil, lower heat and simmer, stirring occasionally.

Savory Grilled Fish

- 1/4 cup salad oil
- 1 tablespoon onion powder
- 1 teaspoon salt
- 1/8 teaspoon garlic powder
- 2½ tablespoons Worcestershire sauce
- 4 teaspoons lemon juice
- 4 small fish, cleaned (10 ounces each)

Combine oil, onion powder, salt, garlic, Worcestershire sauce and lemon juice. Brush fish inside and out. Place on oiled grill six inches from coals. Grill five minutes. Turn over and brush with remaining oil mixture. Grill about three more minutes (until fish flakes when tested with fork).

Panfish Goujquette

Slice each skinless fillet lengthwise into three-quarters inch wide strips. Place sliced fillets in a bowl, cover with milk, soak approximately 15 minutes. Arrange strips in a single layer, on a sheet of wax paper that has been sprinkled with about 1/2 cup of flour. Season fish strips with salt, black and red (cayenne) pepper then roll strips in the flour to coat. On another sheet of wax paper prepare mixture (to taste) of 1/2 cup Bisquick, salt, black and red pepper. Dip each strip in the remaining milk, roll in Bisquick mixture, gently shake off excess coating and carefully place in at least four inches of peanut or canola oil that has been heated to 375 degrees. Cook until golden brown and serve with cocktail sauce for dipping.



Your purchase of fishing equipment and motorboat fuels supports Sport Fish Restoration and boating access facilities.

Fish Management

Wildlife Resources
West Virginia Division of
Natural Resources

State Capitol Complex
Building 3, Room 808
Charleston, WV 25302
(304) 558-2771
Fax: (304) 558-3147

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Meals from the Creel



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A good tasting fish requires proper handling from the time it is hooked in the water until it is served on the table. Unlike beef that improves with age, fish flesh begins to deteriorate the moment the fish dies. Proper steps must be taken to preserve the delicate just-caught flavor of the fish.

Keeping Fish Fresh

The two best ways of keeping fish fresh on a fishing trip are to keep them alive or chill them. Since keeping fish alive is not always possible, a practical solution to the problem is an ice chest. Keep the drain open on the chest, because dead fish left in water will soon lose their flavor.

Although not as effective as an ice cooler, fish stringers are often used out of necessity, especially when wade fishing.

Cleaning Fish

The fresher the fish, the easier it is to clean. Do not freeze the fish whole or put the job off until the skin is dry and brittle.

Scaling the fish can be done in a variety of ways. Fish scalers, which can be purchased from most tackle shops, do an adequate job. A spoon, dull knife, or even bottle caps nailed to a board may also be used.

When skinning catfish, drive a nail through the head into a board, with the fish's belly down. Cut completely through the skin around the back of the head and pull the skin off with pliers. Then, remove the head and entrails. Larger catfish are best filleted after they have been skinned and huge ones may be steaked – leaving the backbone in and cutting crosswise in one-inch steaks.

For frying small panfish such as bluegill or crappie whole in a skillet, make a cut down each side of the dorsal and anal fins, then pull the fins out by the "roots." After scaling, make a diagonal cut through the fish, thus removing the head, entrails and rib cage in one operation. Leave the tails on. When fried crisp, they make delicious "crunchies".

Simplest Way to Fillet a Fish

A good sharp knife with a flexible blade is practically all you will need for filleting fish. The six-inch blade is the most popular.



1

Cut behind the pectoral fin straight down to the backbone. Angle the cut towards the top of the head.



2

Run the knife along one side of the backbone. The knife should scrape the rib bones without cutting them.



3

Push the knife through the flesh near the vent just behind the rib bones. Cut the fillet free at the tail.



4

Cut the flesh carefully away from the rib cage. To save flesh, the blade should graze the bones.



5

Remove the first boneless fillet by cutting through the skin of the stomach area.



6

Turn the fish over. Remove the second fillet by repeating steps one through five.



7

Rinse fillets quickly with cold water or wipe with paper towels. Save the head and skeleton for stock.



8

To skin fillets, hold the tail with your fingertips and cut between the flesh and skin with a sawing motion.

Using the Entire Fish

Make a fish stock by simmering the skeleton and the head. Use the fish stock as a foundation for chowder, sauces or soups. Refrigerate or freeze for later use. It is easiest to thaw if frozen in 1- or 2- cup quantities.

Cheek meat, located just below the eyes on large gamefish, is tasty. Remove with a knife tip and pan fry in butter.