

## **BAKED FILLETS WITH CHEESE AND MUSHROOMS**

3lbs Salmon and Trout Fillets 1 cup Grated Cheddar Cheese 1 can Condensed Cream of Mushroom Soup Salt and Pepper 1/2 cup White Wine or Sherry	Soak fillets in salt water 30 minutes - rinse in cold water, dry on paper towel. Cut to size and arrange in baking dish. Season with salt and pepper. Mix wine and mushroom soup, add cheese, then cover fillets. Bake at 375° - 20 to 30 minutes.
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## **BAKED STUFFED SALMON**

1 5-7 lb Whole Salmon 1 Med. Onion sliced 2 Med. Tomatoes sliced or 1 small can stewed tomatoes 1/2 stick Butter cut in pads Salt and Pepper to taste 1 tsp. Lemon Juice	Stuff fish with all ingredients; wrap in foil. Place in a 9 x 11 baking dish. Add water to bottom of pan. Bake at 375° for 45 minutes, turn fish once half way through.
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## **SNACK FISH**

This snack can be made with Salmon or Trout and may be served hot or cold.	Cut fish fillets into long strips 3/4 inch wide. Roll in melted butter and coat with finely chopped potato chips. Fry in melted butter. May use seasoning if needed.
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## **FISH BOIL (Indoors)**

4 lbs of Trout or Salmon 3 lbs Red Potatoes 2 lbs of Small Onions 1 large Pot - 10 Quart Size 1 Strainer 1 lb Salt 8 Quarts Water	Cut fish into 2 1/2 inch steaks. Bring water and salt to a boil - add potatoes - boil 20 minutes depending on size. Add onions and fish. Boil another 15 minutes or until fish flakes with a fork. Remove from heat, stain. Serve with butter. Fish steaks may be seasoned with paprika and boiled for 2 minutes to firm up meat.
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## **FISH BEER BATTER COATING**

2 cups all-purpose flour 2 tsp Baking Powder 1 tsp Dried Basil crushed 1/2 tsp. Salt 1/8 tsp. Pepper 1 Egg 1 12 oz Can of Beer 2 lbs fish fillets cut into serving pieces Cooking Oil	In mixing bowl combine flour, baking powder, basil, salt and pepper. In mixer bowl beat egg; blend in beer. Sprinkle flour mixture over liquid; beat until flour is moist and large lumps disappear. Do not stir batter after it is mixed. Wash fish; pat dry. Dip into batter. Fry a few at a time, in deep 375° oil for 3 to 4 minutes. Drain. Serves 4 to 6.
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## **MICROWAVE SALMON STEAKS**

<p>Many microwave owners believe that microwaved fish tastes far less "fishy" than conventionally cooked. You may notice a slight fishy odor when defrosting and microwaving frozen fish, but it seems to disappear after cooking. Be careful not to overlook fish and seafood. They are done as soon as they flake or lose their translucent appearance.</p>	<p>Brush lemon butter mixture on salmon steaks. Place steaks in glass baking dish. Cover with vented plastic wrap. Microwave at 50% power for 1/2 the cooking time. Turn steaks over. Brush with lemon-butter. Cover and microwave remaining time until fish flakes easily.</p>
<p>2 Tbls. Meted Butter per pound of fish 1 teas. Lemon Juice per pound of fish</p>	<p>Cooking time is 10-13 minutes per pound</p>

## **POTTED SMOKED TROUT**

<p>1/2 lb smoked trout, skinned and boned 4 Tbls. Unsalted butter, cut into tablespoons and softened to room temperature 1 Tbls. Half and half 2 hard-cooked egg yolks, sieved 2 tsp. Minced fresh dill salt and pepper to taste</p>	<p>Transfer the trout butter to a small bowl and add the egg yolks, stirring until well blended, mix in the dill and season with salt and pepper. Spoon into a 1-cup crock and refrigerate, cover for up to 3 days remove from the refrigerator about 20 minutes before serving.</p>
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## **SCRAMBLED EGGS WITH SMOKED TROUT**

<p>2 English muffins, split 2 Tbls. Unsalted butter 4 Eggs 1/4 tsp. Salt Pinch of pepper 2 oz or about a half of cup, skinned and boned smoked fish, break up into small chunks 1/4 tsp. Paprika 1 Scallion Green part only thinly sliced</p>	<p>1.) Toast the muffins and butter them lightly if you wish. Keep them warm in a very low oven while you prepare the scrambled eggs.</p> <p>2.) In a small bowl, beat the eggs with the salt and pepper. Melt the butter in the top of a double boiler over simmering water, add the eggs and cook them stirring frequently with a wooden spoon, until they are a creamy consistency, about 8 minutes.</p> <p>3.) Divide the trout among the muffin halves: Spoon the scramble eggs over the trout, sprinkle the paprika over the eggs and top with the scallions.</p>
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## **SALMON BARBECUE**

<p>3/4 cup fresh apple cider 6 Tbls. Soy sauce 2 Tbls. Unsalted butter 1 large garlic clove crushed through a press 2 Salmon Fillets 2 1/2 to 3 lbs each of 4 to 5 lbs salmon steaks, but about 1 inch thick. Sprig of fresh parsley or coriander and lemon slices, for garnish.</p>	<p>1.) In a small non corrodible saucepan, combine the cider and soy sauce. Bring to a boil over high heat, reduce the heat to moderate and simmer for 3 minutes. Add the butter and garlic and continue cooking, stirring occasionally until the liquid thickens enough to coat the back of the spoon, above 20 minutes. Remove the marinade from the heat. Let cool to room temperature.</p> <p>2.) Pat the salmon fillets dry and place them skin-side down on the rack. Brush the marinade evenly over the salmon. Let stand at room temperature fro 30 minutes.</p> <p>3.) To cook salmon outdoors: light grill. When the coals are hot, oil the rack and place the salmon skin side down on the grill. Tent with aluminum foil and bake until the flesh is still slightly translucent in the thickest part, roughly 15 to 20 minutes depending, on the heat of the grill. You can turn the fish once during cooking, but you run the risk of breaking the fillet.</p> <p>4.) To cook the salmon indoors: preheat the boiler. Place the salmon, skin side down, on a well-oiled broiler rack and broil about 6 inches from the heat until the top is glazed and the fish is still slightly translucent in the center, 12 to 15 minutes. Serve garnished with parsley and lemon slices.</p>
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## **CHARCOAL GRILLED SALMON OR TROUT**

Take either Salmon or Trout and either steak or fillet. Place directly on charcoal grill. You can baste with melted butter and lemon. It will only take about 10 minutes on each side. Serve with melted butter.

## **POOR MAN'S LOBSTER**

Cut fish in steaks about 2 inches thick. Remove skin. Bring water with salt, caraway and dill seed to a boil. When boiling add fish. Bring water back to a boil. When boiling put lid on pot, turn heat off and let sit for 30 minutes. It is ready to serve. Serve with melted butter and lemon just like lobster.

## **RITZ CRACKER FRIED FISH BATTER**

<p>1/2 cup Milk 2 Eggs beaten 2 cups of finely crushed Ritz Crackers 1/2 tsp. Garlic Salt 1/4 tsp. Oregano 1/4 tsp. Tarragon 1/4 tsp. Pepper 2 lbs fish fillets cut into pieces</p> <p>Fry in pan with vegetable oil about a 1/4 full heat to about 365°.</p>	<p>In a small bowl thoroughly stir milk and eggs. Combine cracker crumbs and all seasonings in shallow plate. Dip fish pieces into milk mixture, then into crumbs, pressing lightly. Fry several pieces of fish at a time until golden brown. Drain and Serve immediately. Serves 4 to 6.</p>
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