

DAVE'S FISH RECIPES

HOW TO MAKE PAN SEARED WALLEYE

Taking the skin off the fish is optional. I left mine on but in order to do that, lay the walleye skin side down. Then take a knife and start slicing right above the skin until all the fillet is off. Season your walleye with salt and pepper or lemon pepper and add some butter or oil to the bottom of your pan. Place the fish right over the melted butter. Then put a pan over the top of the fish. This creates steam in the inside of the pan. After 10 minutes flip the fish and cook for another 2 minutes or until golden brown on each side.

INGREDIENTS

2 4 to 6 oz walleye fillets, removing skin is optional

2 tablespoons of butter

1 tsp of lemon pepper seasoning (or seasoning of choice)

INSTRUCTIONS

Season your walleye with lemon pepper and add some butter or oil to the bottom of your pan. Place the fish right over the melted butter. Then put a pan over the top of the fish. This creates steam in the inside of the pan. After 10 minutes flip the fish and cook for another 2 minutes or until golden brown on each side.

WALLEYE BAKED

INGREDIENTS

4 fillets

tablespoons melted butter

tablespoon lemon juice

cup mushroom (sliced)

tablespoons finely chopped onions

salt and pepper

DIRECTIONS

- Preheat oven to 350 degrees.
- Dip fish in melted butter, salt, pepper and lemon juice.
- Place fish fillets into shallow baking pan.
- Place mushrooms and onions over the top of fish, then spoon any remaining butter mixture over fish.
- Bake at 350°F for 15-20 minutes until fish flakes.

Fried Trout

Ingredients

4 – 5 lbs. – Trout fish

½ cup – all-purpose flour (I use Panko)

Salt and pepper to taste

Olive oil for frying

¼ onion and diced garlic clove (optional to infuse oil)

Directions

1. Scrape all the scales off thoroughly. Cut the fish along the belly. Remove the insides and the head. Slice the fish

into ½ inch pieces, or desired thickness. I like them thinner because the salt and pepper penetrate the meat

better and provides a better taste.

2. Place the fish slices into a bowl and rinse cleanly before frying.

3. Coat the fish slices with flour on both sides.

4. Add 2 tbsp. of olive oil onto a frying pan. Place coated fish into the pan.

5. Sprinkle with salt and pepper to taste (I like my fish a little on the salty side).

6. Fry the fish on low/med heat for five minutes.

7. Turn the fish over. Sprinkle with salt and pepper again. Fry for another 3 – 4 minutes.

8. Remove the fish from frying pan. Cool the fish for a few minutes before serving. This fish goes really well with Homemade French Bread mashed potatoes and you can add any salad Cucumber/Tomato Salad, Cabbage and Cucumber Salad, Steamed Broccoli from my salad category

Baked Trout with Buttered Almonds

Ingredients:

- 1 1/2 lb trout fillets, skin-on
- 2 Tbsp unsalted butter
- 1 Tbsp Vegetable Oil
- 1 cup(s) Sliced Almonds
- 1/2 Tsp Kosher Salt
- 1/2 Tsp black pepper, freshly ground

Instructions:

Preheat oven to 450°F.

Add oil to a shallow casserole or baking dish to hold trout size; heat in oven 5 minutes.

Melt butter in a skillet over medium heat while oil heats in oven. Add the almonds and stir until some of the almonds turn brown. Season with salt (if desired).

Place trout in heated baking dish skin side down.

Sprinkle fillets with salt and pepper. Spoon almonds over top and spread into an even layer. Bake 8-10 minutes.