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FISH

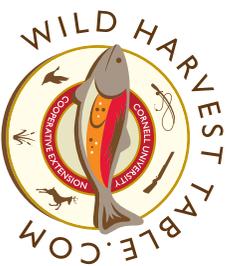
Processing, Preparing, and Presenting Fish



Cornell University
Cooperative Extension
Department of Natural Resources

This guide is produced by REWORRRS (Returning Warriors: Outdoor Recreation, Restoration & Resilience Study) in partnership with Wild Harvest Table, Seneca County Cornell Cooperative Extension, the Wounded Warriors in Action Foundation (WWIA) and Cornell University's Department of Natural Resources.

REWORRRS



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United States
Department of
Agriculture

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You may choose to serve fish on top of rice, potatoes, pasta, or salad greens with a drizzle of sauce over the top. Another important consideration is the portions on the plate so that it looks balanced and food is not spilling off the plate.



Photo by Holly A. Heyser

Be sure to caution people about fish bones and to chew carefully. If you have taken the time to fish, clean the fish, and cook it, then take the time to set a nice table and enjoy the meal!

Enjoy your feast with family or friends or treat yourself to a well-deserved gourmet meal!

Presentation of Fish

The final step is presenting your fish nicely at the table. You “eat with your eyes first” is a true expression known by chefs and restaurants. If food looks appealing, people want to eat it or are at least willing to try it. If it does not look good, you will have a harder time convincing people that it tastes good.

The term “plating” refers to making a dish look delicious by using a mix of color, textures, layering, and placement of foods on the plate. You can use the same techniques at home by choosing colorful vegetable side dishes or garnishing the plate with a bit of green parsley or a small section of fruit.



Photo by Holly A. Heyser

The REWORRRS project, funded by the United States Department of Agriculture National Institute of Food and Agriculture, explores the importance of human nature interactions in outdoor recreation and restoration activities among returning war veterans, and how these interactions relate to individual, community, and social-ecological health and resilience. The multitude of benefits provided by nature contact for health and well-being are well documented. A potential added benefit of outdoor recreation activities that involve nature contact through hunting and fishing is bringing home meat to eat! This booklet offers practical advice on preparing and consuming fish from water to table based on the Wild Harvest Table program and Cornell Cooperative Extension research and outreach. The health and nutritional benefits of consuming fish are presented, along with recipes and tips for delicious preparation and presentation. Always be sure to check your states fishing regulations for seasons and limits as well as any special health guidance.

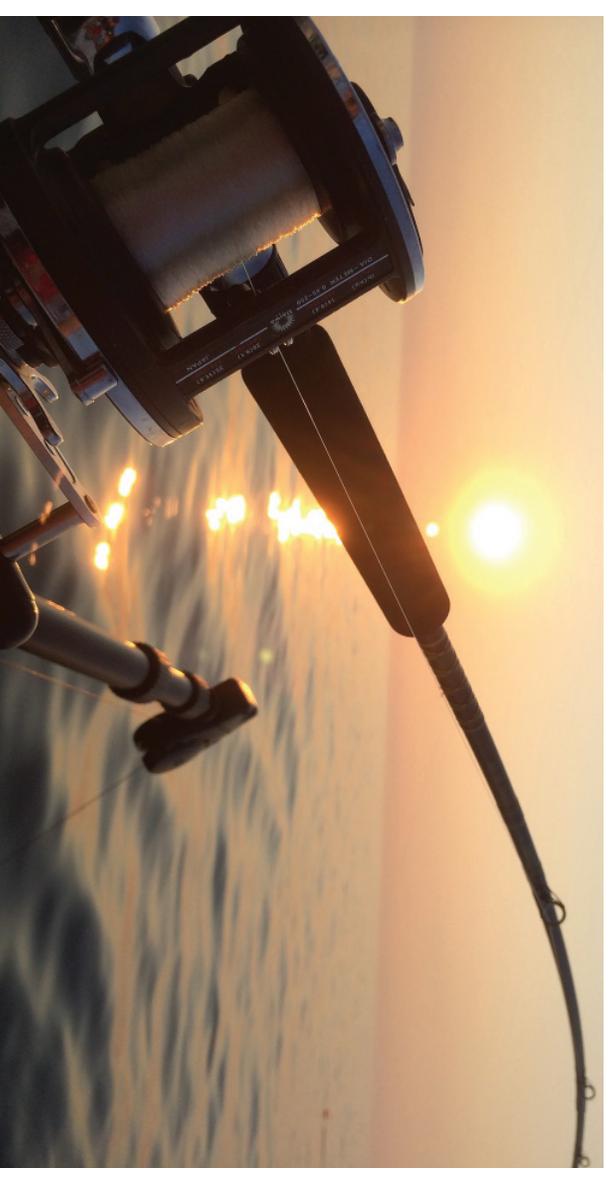


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TROUT/SALMON

DIRECTIONS

1. Flake the smoked fish and add it along with all remaining ingredients to a food processor, blender, or use an immersion blender. Blend until almost smooth.
2. Serve on cracker or bread as an appetizer with perhaps a sprig of parsley or dill for garnish. This spread will keep for up to 5 days if covered and kept refrigerated.

Nutrition Facts

Serving Size 1 oz	
Servings Per Container 12+	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 150mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 11g	
Vitamin A 4%	Vitamin C 6%
Calcium 8%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Serves: ~ 12



Smoked Fish Spread

INGREDIENTS

- **3/4 pound smoked trout fillets (any species)**
- **1/2 cup sour cream, light preferably**
- **8 ounces cream cheese, low fat preferably, room temperature**
- **2 tablespoons fresh lemon juice**
- **1 teaspoon grated lemon zest**
- **1 tablespoon horseradish mustard**
- **1-2 tablespoons finely chopped red onion or shallot**
- **1/4 teaspoon pepper (or to taste)**
- **2 tablespoons fresh chopped parsley or dill**

How and Why to Use this Guide

This booklet is part of a series intended to equip the WWIA guide with the basic information necessary to be able to successfully process, prepare, and present wild fish that is caught during a WWIA event. This booklet provides skills and recipes needed to process and prepare wild fish and many of the techniques and recipes can be used with multiple species of fish.

In a recent study completed with WWIA, veteran participants were asked if including wild fish and game processing, preparation and presentation skills in sponsored expeditions that support veterans would increase their satisfaction with those outings. 89% (139/156) responded that it would increase their satisfaction, with 70% saying it would greatly increase satisfaction. 90% agreed that “increasing my knowledge and skill in wild fish and game processing, preparation, and presentation would increase my feelings of satisfaction about being an outdoors person.” There is a huge feeling of satisfaction that comes from procuring one’s own food from start to finish. There is also an ethical responsibility to be a good steward of what is harvested. As a fishing guide you are an important part of this process.

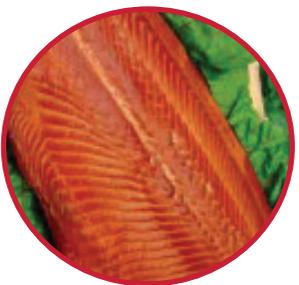
**HERE ARE SOME THINGS TO THINK ABOUT WELL
AHEAD OF THE FISHING OUTING**

1. If you are planning to keep fish to eat, do you have the equipment and know-how to clean the fish? You will need a sharp fillet knife and a fish processing guide (or knowledge) plus a stringer or live well to keep the fish fresh.
2. Have you checked the water quality and fish consumption safety guidelines for the waters you will be fishing in?
3. If taxidermy is desired, is this lined up? Is there a plan for how to preserve any fish that might be desired for taxidermy.
4. Have you considered state and country laws about shipping fish, traveling across borders, and packaging concerns?
5. Do you have coolers and ice or a way to keep the fish cold and fresh?
6. Do you have a plan to incorporate the fish into part of a meal plan and/or a cooking demonstration? This is a great way to have a taste of the prize right away and get some expert tips on filleting and fish preparation. It may be helpful to have a vacuum sealer or freezer bags for fish to be frozen and packaged to go home at the end of the fishing trip.
7. Do you have some resources to hand out for participants to cook their fish at home, such as this booklet or cookbook or website suggestions?

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DIRECTIONS

1. Make the brine by mixing all ingredients, stirring to dissolve the salt. Make sure the brine is cold when fish are placed in it. Use a glass, ceramic or other non-reactive container, not a metal bowl. Leave the fish in the brine for 4-6 hours. Longer brining creates a saltier fish.
2. After you have brined your trout filets, place them on slightly oiled metal racks (can use the smoker racks) and let them dry for about one hour to form a slight glossy shine, called a pellicle. This locks in the juices and flavors. A fan can be used to speed up the process.
3. Preheat the smoker and then smoke your filets according to the directions of your smoker. Usually the fish will be smoked at 225°F until it reaches an internal temperature of 180°F (about 2 hours).



Smoked Trout or Salmon

Smoked Trout or salmon fillets are excellent served with crackers and cheese as an appetizer. They also make nice sandwiches, salad (similar to a tuna salad), or a spread (such as the following recipe). Delicious!

INGREDIENTS

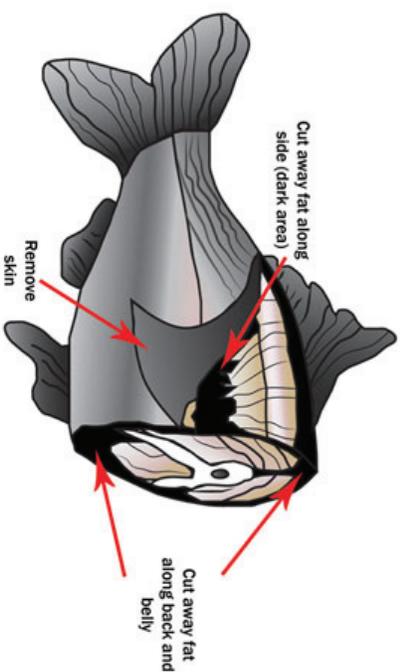
- **2-3 pounds of fish filets**
- **½ cup pickling or sea salt**
- **2 quarts cold water**
- **2-4 tablespoons brown sugar**
- **2 tablespoons pickling spices (you can experiment with other flavors, such as dill and lemon peel, garlic, Asian flavorings of soy, ginger and lemongrass, etc)**

Food Safety Concerns for Eating Wild-Caught Fish

All 50 states publish fish consumption advisories or recommendations to limit consumption of certain fish species caught from specific waterways (various lakes, rivers or coastal waters) due to chemical or biological contamination. Unfortunately, many harmful pesticides, industrial chemicals, and other chemical by-products make their way into the waterways and ultimately into the fish. Many of these chemicals are linked to human health concerns, such as cancer and birth defects, especially if ingested over time and in quantity. The EPA and state agencies monitor the waterways for these contaminants and offer advice on what waters are safe to eat the fish from, what types of fish are safe to eat, and in what quantities for human health concerns. Most states offer free pamphlets or websites with this information. The following are tips on healthier eating of fish from the New York State Department of Health's publication, *Health Advice on Eating Sportfish and Game*, which is updated every year. This advice is universal to other states as well.

- *PCBs, dioxin, mirex, DDT, chlordane and dieldrin are found at higher levels in the fat of fish. You can reduce the amount of these contaminants in a fish meal by properly trimming, skinning and cooking your catch. Remove the skin and trim all the fat from the belly flap, the line along the sides, and the*

fat along the back and under the skin (see diagram). Cooking or soaking fish cannot eliminate the contaminants, but heat from cooking melts some of the fat in fish and allows some of the contaminated fat to drip away. Broil, grill or bake the trimmed, skinned fish on a rack so that the fat drips away. Do not use drippings to prepare sauces or gravies. These precautions will not reduce the amount of mercury or other metals. Mercury is distributed throughout a fish's muscle tissue (the part you eat), rather than in the fat and skin. The only way to reduce mercury intake is to eat less contaminated fish.



- Choose freshwater sportfish from waterbodies for which there is no specific advice.
- Try to space out your fish meals. For example, if the advice is that you can eat up to four meals a month; don't eat them all in the same week. This is particularly important for women and young children.
- When deciding which sportfish to eat, choose smaller fish within a species since they may have lower contaminant levels. Older (larger) fish from the same species may be more contaminated than smaller fish because they have had more time to accumulate contaminants in their bodies (but make sure to follow your state regulations about fish length). Bacteria, viruses or parasites may be in or on fish. Keep harvested fish cold. Wear protective gloves when skinning and trimming. Wash hands and surfaces often when preparing fish, and keep

DIRECTIONS

1. Preheat oven to 350°F and lightly grease a 13"x9" baking dish. In a small bowl mix sour cream, mayonnaise, lemon juice, Parmesan cheese, onion, salt and pepper.
2. Place cleaned trout fillets in greased 13"x 9" pan and then spread the parmesan cheese mixture evenly on top of fish. Sprinkle with paprika and parsley if desired.
3. Bake uncovered at 350°F for about 20 minutes or until fish flakes lightly with a fork (being careful to not over cook the fish).



Nutrition Facts	
Serving Size 3 ounces (152g) Servings Per Container 4	
Amount Per Serving	% Daily Value*
Calories 230	Calories from Fat 100
Total Fat 11g	17%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 510mg	21%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 26g	
Vitamin A 6%	Vitamin C 15%
Calcium 15%	Iron 6%

*Percent Daily Values are based on a diet of other people's misdeeds.
†Your daily values may be higher or lower depending on your calorie needs.
CHOLESTEROL: 2,000
DAILY FAT: 2,000
SATURATED FAT: Less than 20g
SODIUM: Less than 300mg
TOTAL CARBOHYDRATE: Less than 300g
DIETARY FIBER: 25g
CALORIES PER GRAM: Fat 9 • Carbohydrate 4 • Protein 4

Serves: 4



Parmesan Baked Trout

INGREDIENTS

- 1 pound trout fillets (any species)
- ¼ cup sour cream, light preferably
- 3 tablespoons mayonnaise, low fat preferably
- 1 tablespoon fresh lemon juice
- ¼ cup grated Parmesan cheese
- 2 tablespoons finely chopped red onion
- ½ teaspoon salt, to taste
- ¼ teaspoon pepper, to taste
- 2 tablespoons fresh chopped parsley (optional)
- paprika to sprinkle on top (optional)

raw foods separate. Cook fish and shellfish thoroughly before eating.

Source: http://www.health.ny.gov/environmental/outdoors/fishhealth_advisories/tips.htm

Before your fishing event, get a copy of fish consumption advisories for the area you will be fishing. This information may dictate how much fish you choose to consume from your fishing outing. Practice catch and release if it is advised not to eat the fish from that water and/or you do not intend to eat the fish for other reasons. Only keep what will be eaten!

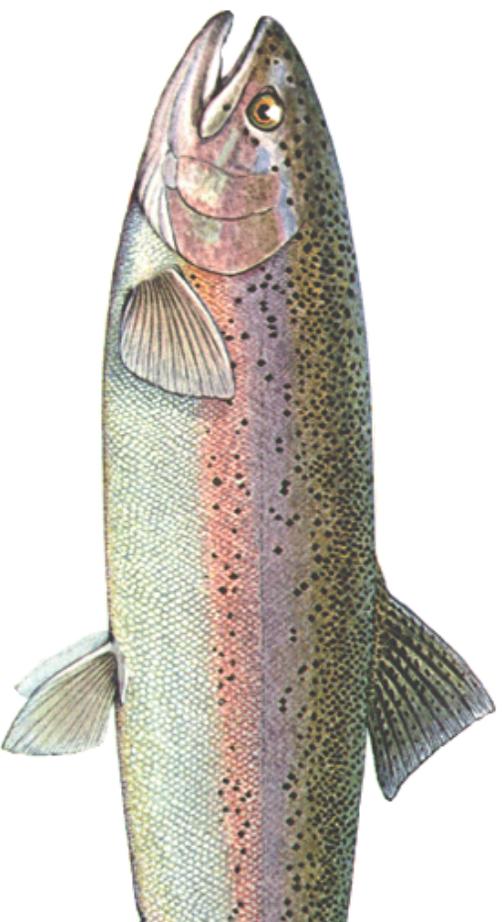


Nutritional Benefits of

Eating Fish

Fish are an important part of a healthy diet, providing a lean, low-calorie, high quality source of protein. Fish also contains essential nutrients and amino acids, including omega-3 fatty acids. Not only is fish “brain food” it also positively contributes to heart health and children’s growth and development.

The natural diet of wild-caught fish contributes to a nutritious, lean fish. The bright orange flesh of salmon and certain trout species is because of what they eat in their natural environment (not dye that is used in farm raised versions). On the next page is a chart comparing wild caught trout to domestically raised trout. Notice the fat content, and therefore the calories, are substantially lower in the wild trout.



DIRECTIONS

1. Simmer butter in heavy small saucepan over medium heat until deep golden brown, swirling pan occasionally, about 5 minutes.
2. Remove from heat and skim off any foam.
3. Whisk in vinegar, honey and mustard. Season sauce with salt and pepper to taste.
4. Brush fish with oil, sprinkle with salt and pepper.
5. Heat heavy, large skillet over medium-high heat. Add trout filets. Sauté just until opaque in center, about 2 minutes per side.
6. Transfer to plates; tent loosely with foil to keep warm.
7. Whisk sauce over low heat to rewarm if necessary. Spoon sauce over fish. Sprinkle with capers and, if desired, tomatoes.

Nutrition Facts		
Serving Size 1 (4-6 oz) fillet		
Servings Per Container 4		
Amount Per Serving		% Daily Value*
Calories 380	Calories from Fat 210	
Total Fat 24g		37%
Saturated Fat 12g		60%
Trans Fat 0.5g		
Cholesterol 140mg		47%
Sodium 180mg		8%
Total Carbohydrate 6g		2%
Dietary Fiber 0g		0%
Sugars 4g		
Protein 33g		
Vitamin A 15%	• Vitamin C 10%	
Calcium 10%	• Iron 8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	65g	80g
Saturated Fat	20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serves: 4



Brown Trout in Brown Butter Balsamic Sauce

This recipe also works well for salmon, halibut, rockfish or cod.

INGREDIENTS

- 6 tablespoons unsalted butter
- 2 tablespoons balsamic vinegar
- 2 teaspoons honey
- 2 teaspoons Dijon mustard
- 4 trout or salmon fillets (about 4-6 oz each)
- 1 teaspoon olive oil
- 1 tablespoon drained capers
- ½ cup chopped tomatoes (optional)

Nutritional Comparison of Wild Trout vs. Domesticated Trout (Raw Meat Samples)

Based on 100 gram portion:	Wild Brook Trout NYS	Wild Rainbow Trout	Domesticated Rainbow Trout
NUTRIENTS:			
Energy (kcal)	110	119	141
Protein (g)	21.23	20.48	19.94
Total fat (g)	2.73	3.46	6.18
Total saturated fat (g)	0.595	0.722	1.383
Total mono-unsaturated fat (g)	0.815	1.129	1.979
Total poly-unsaturated fat (g)	0.772	1.237	1.507
Cholesterol (mg)	60	59	59
MINERALS:			
Ca (mg)	25	67	25
Fe (mg)	0.38	0.70	0.31
Mg (mg)	28	31	25
P (mg)	246	271	226
K (mg)	417	481	377
Na (mg)	45	31	51
Zn (mg)	0.55	1.08	0.45
VITAMINS:			
Thiamin (mg)	0.137	0.123	0.120
Riboflavin (mg)	0.101	0.105	0.090
Niacin (mg)	5.293	5.384	5.567
Vitamin B-6 (mg)	0.273	0.406	0.340
Vitamin B-12 (µg)	2.77	4.45	4.30



Wilfred Sumnercoet Bronson

Data source: US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 27, Version Current: August 2014. Internet: <http://www.ars.usda.gov/ba/bhnrc/nrl>. Compiled by Moira M. Tidball, Cornell University Cooperative Extension, March 2015.

Image source: <http://www2.dnr.cornell.edu/cek7/nyfish/Salmonidae/steelhead.html>

Cleaning a Whole Trout *(Brook Trout)*

1. Using a sharp fillet knife, remove the head by cutting at a slight angle from behind the gills towards the base of the head. The head can also be left on or the viscera removed before the head. Try different ways to determine what you prefer.



2. Hold the fish and face belly towards you. Cut a slit in the vent up the belly to the throat, using just the tip of your knife and just cutting the skin (do not cut too deep or you will get into the entrails).



5. Rinse the cavity with cold water.



6. Scrape “slime” off skin. This helps flavor and preservation of the fish. The fish is now “cleaned” and ready to cook whole (grill, pan fry, cook in a foil pouch, or bake in the oven). You can also store the cleaned fish in the refrigerator to cook within a few days or freeze the fish to use within a few months.



FISH

DIRECTIONS

1. Coarsely grind uncooked fillets (if using cooked bullheads, simply flake the meat from the bones). Then grate the potato and onion. This can be done in a food processor, blender, or by hand.
2. Mix with remaining ingredients and form into 1/2 inch thick patties. You can form small patties of about one inch rounds to serve with tarter sauce as an appetizer or larger patties to serve on a bun as a sandwich.
3. Heat olive oil in a fry pan and drop patties into hot oil. For a crispier patty, you may coat the patties lightly in fish fry batter or seasoned panko breadcrumbs before frying. Fry until golden brown on both sides. Serve with tarter or cocktail sauce, or lemon wedges.



Nutrition Facts	
Serving Size 2 (3 oz.) patties	
Servings Per Container 12	
Amount Per Serving	Calories from Fat 50
Calories 150	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 45mg	2%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 15g	
Vitamin A 2%	Vitamin C 8%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Total Fat	65g	80g
Saturated Fat	20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipes



Bullhead or Fish Patties

INGREDIENTS

- 2 pounds filleted bullheads or other fish (can use previously cooked fish)
- 1 large raw potato
- 1 small onion
- 1 large egg
- 2 tablespoons flour
- 1-2 tablespoons chopped fresh parsley or dill (optional)
- salt and pepper to taste
- 3 tablespoons olive oil

The guiding culture started in the north woods, especially in the northeastern states of Maine and New York. These early guides knew where to hunt and fish, how to navigate the waterways, and how to cook their quarry! True to this great guiding tradition, today's guides should be experts in the four Ps (procurement, processing, preparing, and presentation) of wild fish that they help catch. Not only is this important to pay our respect to tradition, it is a fundamental aspect of our ethical obligations as hunters and anglers today. What follows are some delicious and simple recipes to help you partake in this time-honored tradition.

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Panfish Salad

So what exactly are panfish? Panfish are any edible fish species that generally do not outgrow the size of

a frying pan when cooked whole. Examples are sunfish species, perch, and crappie. The term panfish was recorded as early as 1796 in the first known cookbook written by an American, *American Cookery*. Chef Richard Lerman created this panfish salad recipe for a Wild Harvest Table Local Food Workshop.

INGREDIENTS

- 1-2 lbs. boneless panfish fillets, such as perch, sunfish, or crappie
- 3 tablespoons flour, seasoned with salt and pepper
- 1 lemon
- 1 tablespoon Dijon-style mustard
- ½ cup olive oil, plus a bit more for the pan
- 5 oz. or about 4 cups lettuce leaves, such as Boston, bibb, or green leaf
- salt and pepper to taste
- fresh cherry tomatoes or cucumber slices for garnish (optional)

DIRECTIONS

1. Rinse perch fillets.
2. Put milk in a small bowl or dish.
3. Mix cheese and seasonings (except oil) on a plate or in a shallow bowl.
4. Heat olive oil over medium to medium high heat.
5. Place perch fillets in milk and then coat them individually with the cheese “breading.” Place parmesan crusted fillets in hot oil and brown about 3 minutes per side. Serve with lemon wedges if desired.

FISH

Nutrition Facts

Serving Size 3 oz.	
Servings Per Container 4	
Amount Per Serving	
Calories 150	Calories from Fat 50
Total Fat 5g 8%	
Saturated Fat 1.5g 8%	
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 150mg	6%
Total Carbohydrate 1g	0%
Dietary Fiber 0g 0%	
Sugars 1g	
Protein 24g	
Vitamin A 2%	Vitamin C 4%
Calcium 15%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000
Total Fat:	65g
Saturated Fat:	20g
Cholesterol:	300mg
Sodium:	2,400mg
Total Carbohydrate:	300g
Dietary Fiber:	25g
Calories per gram:	
Fat 9	Carbohydrate 4
	Protein 4





Parmesan Fish Fillet Fries

INGREDIENTS

- 1 pound of boneless fish filets (perch works well)
- ¼ cup skim milk
- ¼ cup grated Parmesan cheese
- ½ teaspoon lemon pepper seasoning
- 1 teaspoon parsley flakes
- dash of salt to taste or Old Bay seasoning
- 1 tablespoon olive oil

DIRECTIONS

1. Scrape scales from skin or remove skin from the fish filets and check for and remove small bones. Cut fish into approx. 2"X 2" pieces, lightly salt & pepper pieces. If filets were previously frozen wick off excess moisture on paper towels, skip this step if using fresh fish.
2. Dredge filets in flour, seasoned with salt and pepper. Fry in heavy cast iron pan in 1" hot peanut or olive oil, 2-3 minutes per side or till golden. Set on rack or paper towel to drain.
3. Prepare the Vinaigrette dressing: Whisk together: Juice of 1 fresh lemon, (about 2 tablespoons). 1 teaspoon freshly ground black pepper, a pinch of salt, 1 tablespoon French-style Dijon Mustard with ½ cup of extra virgin olive oil. Or you can add all of these ingredients to a jar and shake vigorously to combine.
4. Arrange Salad: Alternate layers of cleaned and dry lettuce leaves and fish filets with a spoon or two of the dressing, until all are used, saving a bit of dressing for on top. Garnish with cherry tomatoes or cucumber slices. Do not attempt to toss the salad as the filets are tender and will break apart. Or you can make salads on separate plates with fish on top of greens and dressing spooned on top. Makes 4-8 servings depending on serving size. Enjoy!

Nutrition Facts	
Serving Size Servings Per Container ~ 4	
Amount Per Serving	
Calories 390	Calories from Fat 250
Total Fat 29g	45% % Daily Value*
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 310mg	13%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 24g	
Vitamin A 30%	• Vitamin C 25%
Calcium 10%	• Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Total Fat	2,000
Less than 65g	80g
Saturated Fat	25g
Less than 20g	25g
Cholesterol	300mg
Less than 300mg	300mg
Sodium	2,400mg
Less than 2,400mg	2,400mg
Total Carbohydrate	300g
Less than 300g	275g
Dietary Fiber	25g
Less than 25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Fish Tacos

INGREDIENTS

- 1 pound bass fillets, boneless and skinless (you can substitute other fish filets)
- 1-2 tablespoons olive oil
- 2 tablespoons lime juice (juice from one small lime)
- 1 ½ teaspoons chili powder
- ½ teaspoon cumin powder
- ½ teaspoon dried oregano
- ¼ cup fresh cilantro, chopped
- 1 small jalapeño, diced
- ¼ cup red onion, diced
- salt and pepper to taste (dash each)

DIRECTIONS

1. In a 3-quart saucepan, cook the bacon until crisp. Remove bacon, and set aside; discard all but 2 tablespoons of drippings or remove all bacon fat and substitute with olive oil added to the pan .
2. Sauté onion and celery in drippings until tender. Stir in the flour until combined. Add the next 8 ingredients. Simmer until vegetables are tender, about 30 minutes.
3. Add fish and cooked bacon and simmer for 5 minutes, or until fish flakes with a fork. Add milk or cream, and heat through. Do not let the soup boil at this point. A sprinkle of Old Bay Seasoning or Paprika is nice on top.



Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 220	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 230mg	10%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 16g	
Vitamin A 30%	Vitamin C 25%
Calcium 10%	Iron 6%

*Percent Daily Values are based on a diet of other people's misdeeds.

Calories per gram:	
Fat 9	Carbohydrate 4
Protein 4	



Fish Chowder

INGREDIENTS

- 6 slices bacon cut into 1 inch (could use 2 tablespoons olive oil instead to lower fat content)
- 2/3 cup chopped onion
- 1/2 cup chopped celery
- 1 tablespoon flour
- 3 medium potatoes, peeled and cubed
- 1 quart fish stock (chicken stock or vegetable can be substituted)
- 1/2 cup chopped carrots
- 2 tablespoons fresh parsley, minced
- 1 tablespoon lemon juice
- 1/2 teaspoon dill weed (optional)
- 1/4 teaspoon garlic salt
- 1/8 teaspoon pepper
- 1 cup corn kernels (optional)
- 1 pound boneless, skinless fish filets (such as perch, sunfish, crappie, bass, pickerel, salmon, or trout) cut into 1 inch chunks
- 1 cup milk or half-&-half cream (or condensed skim milk to lower fat content)

DIRECTIONS

1. First, make a marinade by mixing the olive oil, lime juice, chili powder, cumin, oregano, cilantro, jalapeño, red onion, salt and pepper in a glass or ceramic dish large enough to hold the fish. Add the fish filets and spoon marinade on top to coat the fish.
2. Marinate the fish for at least 30 minutes or up to a few hours, turning the fish over a few times.
3. Once the fish has marinated, preheat a sauté pan or fish grill pan over medium high heat. Add the fish filets to the pan and cook for about 4 minutes and then flip and cook an additional 2 minutes until the fish is opaque and cooked through (flakes easily with a fork).
4. Remove from heat and coarsely chop the fish.
5. To serve, spoon about 1/2 cup of fish into the center of a warmed corn or flour tortilla, add a dollop of sour cream, some shredded lettuce or cabbage or slaw, and some salsa. Fold or wrap the tortilla so it can be picked up easily to eat. Garnish with lime wedges.

Nutrition Facts	
Serving Size 3 oz.	
Servings Per Container about 4	
Amount Per Serving	Calories from Fat 70
Calories 170	% Daily Value
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 59mg	4%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 22g	
Vitamin A 10%	Vitamin C 15%
Calcium 10%	Iron 10%

*Percent Daily Values are based on a diet of other people's misdeeds. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Creamy Dijon Fish Fillets

INGREDIENTS

- 1 pound firm, skinless, boneless, fish fillets (such as trout, salmon, perch, etc.)
- 1/3 cup mayonnaise
- 2 tablespoons Dijon-style mustard
- 3 tablespoons grated Parmesan cheese
- black pepper to taste

DIRECTIONS

1. Rinse fish bones well with cold water and scrub any slime off the skin. Place bones in a large pot; add remaining ingredients and 10 cups cold water.
2. Bring almost to a boil over high heat (do not let it come to a boil). Reduce heat to low and cook at a bare simmer, skimming any foam that rises to surface, until flavors meld, about 30 minutes. Skim foam often.
3. Strain stock through a fine-mesh sieve lined with cheesecloth into another pot; discard solids. You may have to strain the stock a second or third time to remove all solids and for a clear stock.
4. Stock tastes best when freshly made. It is a great base for fish chowder!





Fish Stock

Making fish stock is a great use of the fish after you have removed the fillets!

INGREDIENTS

- 2 pounds meaty fish bones (can include fish heads)
 - 1 large onion, thinly sliced
 - 1-2 stalks of celery
- Optional
- 1 bay leaf
 - 1 sprig flat-leaf parsley
 - 1 sprig thyme
 - 3 whole peppercorns

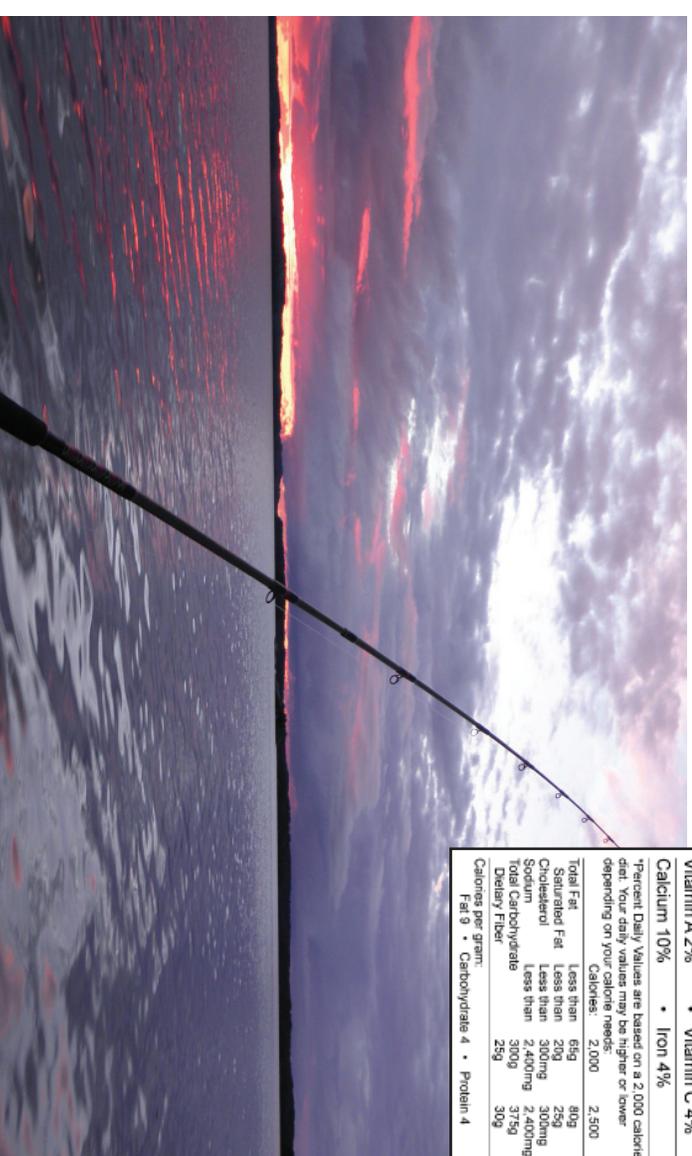
DIRECTIONS

1. Preheat broiler with oven rack in proper position. Rinse the fillets, pat dry and place on a broiler pan (you may want to lightly grease the pan with some oil to prevent sticking).
2. In a small bowl, mix the mayonnaise, mustard, cheese and pepper. Spread this mixture evenly over the fish fillets.
3. Broil the fillets for 4-7 minutes, depending on the size and thickness of the fish, or just until the fish flakes with a fork. Do not overcook or the fish will be dry.

FISH

Nutrition Facts

Serving Size 3-4 ounces	
Servings Per Container ~3-4	
Amount Per Serving	
Calories 280	Calories from Fat 170
Total Fat 19g 29%	
Saturated Fat 3.5g 18%	
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 370mg	15%
Total Carbohydrate 2g	1%
Dietary Fiber 0g 0%	
Sugars 0g	
Protein 24g	
Vitamin A 2%	Vitamin C 4%
Calcium 10%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000	2,500
Total Fat	65g
Saturated Fat	20g
Cholesterol	Less than 300mg
Sodium	2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g
Calories per gram:	
Fat 9	Carbohydrate 4
	Protein 4





Grilled Cajun Fish Fillets

INGREDIENTS

- 2 pounds bass or other white fish fillets
- ¼ cup melted butter
- salt and pepper to taste
- ½ teaspoon cajun spice
- ¼ teaspoon onion salt
- ¼ teaspoon paprika
- ¼ teaspoon garlic salt

DIRECTIONS

1. Preheat barbecue grill or prepare an open fire. Lay the bass fillets flat on aluminum foil. (Do not overlap the fillets).

2. Baste bass fillets with butter. Sprinkle remaining ingredients evenly over fillets.

Wrap heavy-duty aluminum foil around the bass, making a sealed cooking bag. Make sure to seal tightly so no steam escapes. Place bag on grill and cook for 7-10 minutes. (Do not flip) Use caution when opening foil.



FISH

Nutrition Facts

Serving Size 3 oz.		
Servings Per Container 8		
Amount Per Serving		
Calories 160	Calories from Fat 70	
Total Fat 8g 12%		
Saturated Fat 4g 20%		
Trans Fat 0g		
Cholesterol 105mg	35%	
Sodium 210mg	9%	
Total Carbohydrate 0g	0%	
Dietary Fiber 0g 0%		
Sugars 0g		
Protein 20g		
Vitamin A 6%	Vitamin C 0%	
Calcium 2%	Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Calories: 2,000		
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

