

A FINE KETTLE OF FISH

**Rough Fish, Crayfish and Turtles; How to Catch
and Prepare Them — and Why**

by

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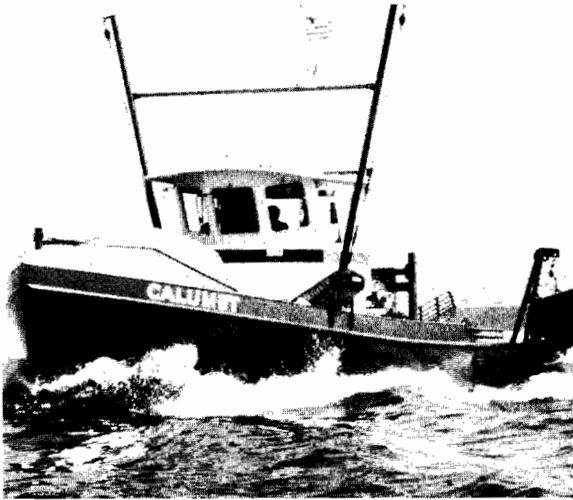
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INTRODUCTION

If you've visited your neighborhood market or seafood store lately, chances are you've looked at the price of fresh or frozen ocean fish on display and shuddered. Perhaps you've mentally added the cost of a meal of fish for your family, visualized the larger part of a five dollar bill sky rocketing away, and decided on something less expensive.

But if you prefer to include fish in your menu, don't despair. Delicious, nutritious and economical "rough" fish are available in the fresh waters of Wisconsin and the rest of the United States by the hundreds of millions of pounds. To obtain and use them though, you should do three things: (1) Read this booklet from cover to cover. Learn why the term "rough fish" is incorrectly used, and unfortunately, is a misnomer for some delicious eating. Look at the recipes, and determine to try some of them. Most of them were sent to us by enthusiastic and unselfish cooks who wished to pass on to others their favorite mouth-watering recipes. (2) If you have never tried carp, freshwater drum (sheepshead), burbot (lawyers), buffalo fish, suckers, or gar fish, don't let someone else who has never eaten them convince you they aren't good eating. They may have the reputation of a motorcycle gang, but don't let their reputation frighten you away. Let your taste buds tell you the truth. (3) Start asking for carp, freshwater drum, buffalo, suckers, burbot and gar fish at your favorite market. Unless you request them, the market will continue to stock the expensive species. Better still, use some of the fishing methods outlined in a following chapter to catch and dress out some of your own.



The Department of Natural Resources' modern trawler "Calumet" operates out of the Calumet Harbor Rough Fish Camp on Lake Winnebago. The goal of the Calumet Harbor Crew is to remove a million pounds of freshwater drum and other rough fishes from the lake each year.

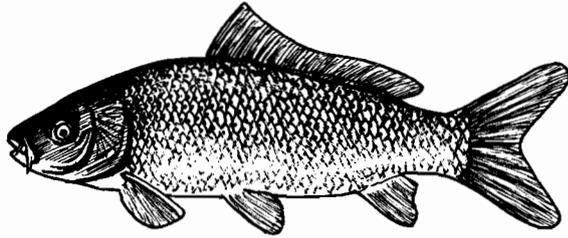
Today, rough, commercial or non-game fish species, as they are variously known about the United States, are relatively unwanted, unloved and underutilized. Tomorrow, they project to be a major source of high protein to a starving world.

Why are they called "rough fish" in Wisconsin? Through the years, the various species were placed in that category because: (1) Some of them feed on, or are predators of game fish; (2) some do not bite on an angler's hook; (3) some create water turbidity, destroy aquatic vegetation and fish spawning areas; (4) some contain flesh with many bones; (5) some acquire a "musty" taste from algae during the summer months; and (6) some are exotics, or not native to our waters. But, are these valid reasons to waste millions of pounds of an excellent food resource? We think not, and that, quite frankly, is the reason for this booklet. We hope to interest you in learning how to catch, prepare and cook tasty meals using fish species you have never tried before.

In Wisconsin, the under-utilized species are harvested by one crew of Department of Natural Resources (DNR) employees and by 20-25 bonded contract crews supervised by DNR employees. In the past 31 years, a total of 215 million pounds of the "rough" species have been removed from our waters, of which 62% were carp, 29% were freshwater drum and 5% buffalo fish.

THE ROUGH FISH SPECIES

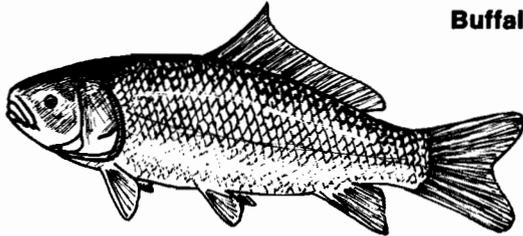
Carp



And now, let us tell you something about the various species.

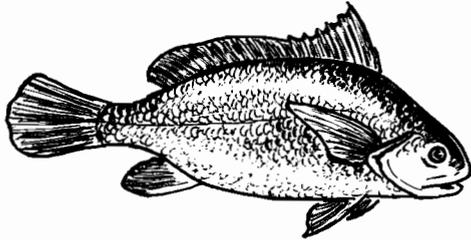
An exotic fish imported from Europe to the United States in the 1880's. Izaak Walton called it: "The queen of the rivers, a stately, good, and very subtle fish." It is considered a delicacy in its native Asia and Europe and was imported here at the urging of homesick immigrants. Fishery biologists recognize carp as one of the most intelligent of fishes, a bruising battler on the end of any rod and a fine food fish. This species is often avoided by cooks because it contains "Y" bones. Methods to solve that problem will be explained in the portion of this booklet discussing preparation for cooking. Carp are found in 63 Wisconsin counties, but are generally most abundant in the southern half of the state, particularly in shallow, fertile lakes and slow-moving rivers. They create water turbidity by their powerful uprooting of bottom materials in the search for food, which consists of aquatic vegetation, insects and plankton. Sight-feeding game fish, which require clean, clear water to properly feed, find it difficult to survive in the turbid environment created by large concentrations of carp.

Buffalo



Three species, the bigmouth, smallmouth and black buffalo inhabit Wisconsin waters. These members of the sucker family rarely are caught on hook and line. They feed almost exclusively on tiny water animals called zooplankton by using specially adapted comb-like straining devices called gill rakers. Buffalo possess delicious white flesh, but also have "Y" bones. The most commercially valuable of all non-game species, these beautiful fish are most often taken by dip netting and spearing. Present in the Mississippi, Wisconsin,

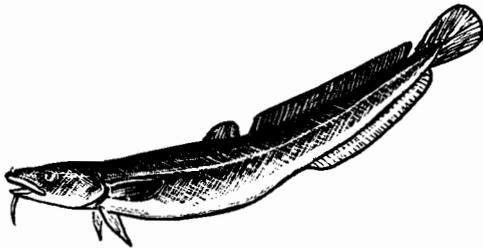
Freshwater Drum (Sheepshead)



Rock, Chippewa, St. Croix and Trempealeau Rivers as well as Lake Delavan, and the Madison lakes.

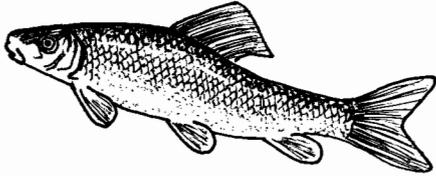
Caught by Wisconsin fishermen primarily in big, relatively turbid river systems and associated lakes. This lone freshwater member of a predominantly saltwater family is noted as an excellent fighter on rod and reel, for the drumming or purring noise it makes especially during spawning time, and for the "lucky stones" or otoliths found in the head. A good, too-often overlooked food fish. It fillets nicely and does not have "Y" bones. The Mississippi, Wisconsin, Fox, Wolf and Rock Rivers and the Lake Winnebago chain of waters contain freshwater drum. Competes with gamefish for food and living space.

Burbot (lawyer or eelpout)



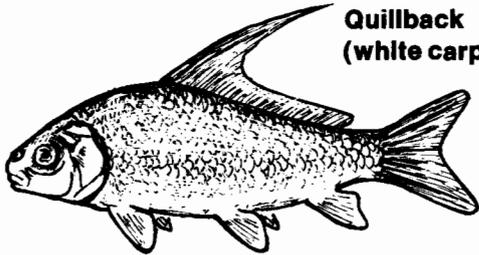
The only member of the codfish family to be found in fresh water, this fish has pure white, very edible flesh without "Y" bones. Burbot livers are considered a real delicacy. Was probably originally placed on the rough fish list because it feeds almost specifically on the more desirable yellow perch. Experiments are presently being made to determine if it should be introduced as a natural predator in land-locked lakes with stunted perch populations. Unique, in that it spawns in winter under the ice. Primarily found and caught on hook and line in Green Bay, Lake Michigan, the Lake Winnebago chain, Trout and Tomahawk Lakes (Vilas County), and the Fox, Wolf and Wisconsin Rivers. Miniature burbot are found in some Wisconsin trout streams. Burbot can be also speared in certain portions of the Amnicon, Nemadji and Black Rivers of Douglas County between December 15 to January 15 each year.

Suckers and Redhorse



Both are members of the same family. Suckers are more widely distributed than redhorse throughout the state. Many are caught by dipnetting, spearing, hook and line or by hand during their spawning runs out of lakes, into streams. All species of suckers and redhorse are bottom dwellers of lakes, ponds and slow streams. They possess sweet, white meat, but the "Y" bones in the flesh present a problem to cooks not knowing the easy solution. Probably originally placed in the non-game fish category because they are prolific and compete for food and living space with more desirable game fish species. Found almost everywhere in Wisconsin.

**Quillback
(white carp)**

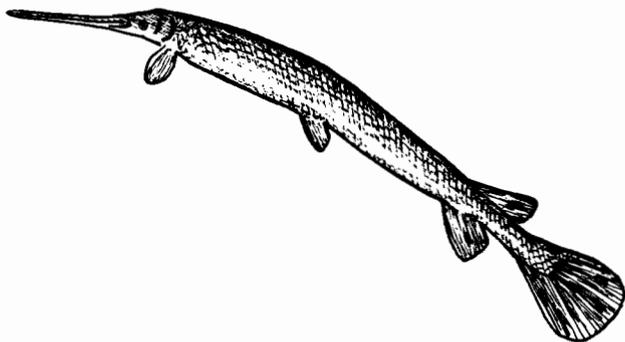


This member of the sucker family is not often caught by hook and line. It is primarily harvested by state and contract fish crews from the lakes and streams it inhabits. Very deep bodied with a prominently peaked dorsal fin. Contains "Y" bones in the flesh. A fairly good food fish. Found in the Mississippi, Wisconsin, Fox and Wolf Rivers and all tributary lakes and streams.

Gar



Two species are found in Wisconsin — the longnose and spotted (or shortnose) gars. Known as living fossils because nearly all of their relatives are extinct. All species of this family live in fresh water. They are found primarily in quiet, warm waters in lakes and streams throughout much of Wisconsin. Originally, they were placed in the rough fish category because they are difficult to catch on hook and line, often steal the baits of fishermen, and prey on



panfish minnows. In many waters, stunted panfish are not a problem when gar fish are present. Some fishery biologists believe them to be valuable predators that should be removed from the rough or non-game fish category. They become extremely abundant in some lakes, but Wisconsin's laws authorize declaring any species as a "detrimental" fish in specific waters. Thus, they can be removed if a problem. The flesh of large gar fish over 48 inches is in great demand in some southern states, commanding prices higher than T-bone steaks. The meat is boneless, white and reputed to have a flavor between fish and pork chops! Mostly found in waters of the southern half of the state, often in medium and large lakes. Also found in the Mississippi, Wisconsin, Fox and Wolf Rivers. The eggs of gar fish are poisonous and should never be eaten.

Bowfin (dogfish)



Like the gar, this species is considered a living fossil, with only one member of the family still alive. It has a reptilian head and is further distinguished by the bow-shaped tail, hence the name bowfin. Most mature bowfin have a light to dark oval-shaped black spot near the tail. Adult males have an orange ring circling the black spot, thus their sex can be determined at any time of the year — the only Wisconsin fish for which this is true. Bowfin are good predators, feeding on crayfish and panfish species and as a result are listed as a type to be controlled, perhaps unjustly. The flesh of bowfin is white, but relatively soft, and the species is generally not considered a good food fish. They are found in the major river systems such as the Mississippi, Wisconsin, Fox, Wolf and Rock Rivers and their connecting waters, plus a number of smaller waters including the Waupaca Chain O'Lakes, Kangaroo Lake in Door County and many waters in Racine, Kenosha and Waukesha Counties.

HOW TO CATCH THEM

Hook and Line Methods

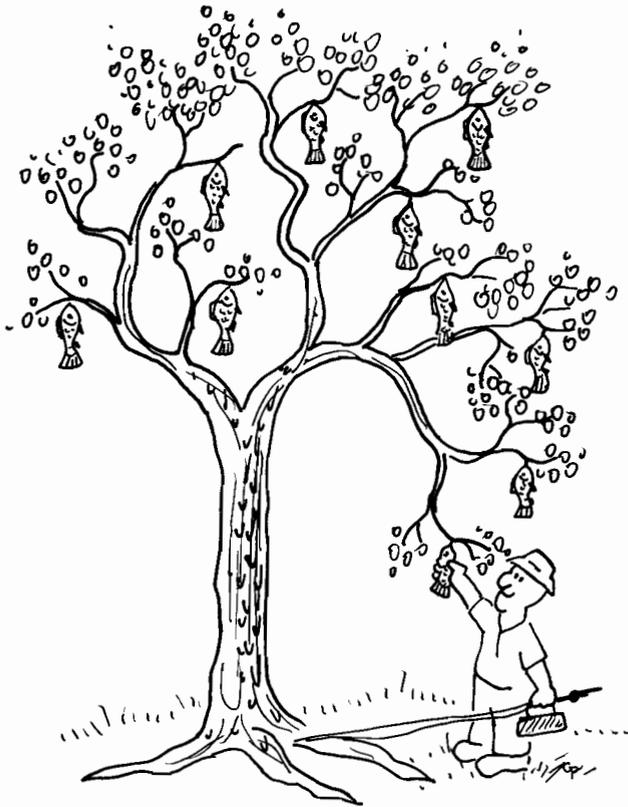
Carp

Most of the underutilized fish you've just read about are caught incidentally, while fishing for other species. Chances are, while you reeled and fought the fish, you thought you were tied onto the biggest bass or walleye you'd ever caught. Carp and freshwater drum, particularly, are excellent fighters, slugging it out on the bottom and bending the rod to the limit. In fact, they may very well be the biggest fish the average fisherman ever catches.

It's a safe bet, too, that many an angler developed the fishing fever that stays with him all his life when that first carp, sucker or freshwater drum was caught.

Would you believe that the present state record for carp — 57 pounds, 2 ounces — is exceeded in weight only by the state record sturgeon, muskellunge and flathead catfish? Or that the state records for freshwater drum and smallmouth buffalo, 26 pounds and 22 pounds, 8 ounces, respectively, are more than twice as large as the record Wisconsin bass, and 4-6 pounds larger than the record walleye? It's possible that you have a better chance to catch big fish if you try some of the fishing tips that follow, because rough fish grow to larger size than most game fish, and they're abundant too.

Because carp are the most intelligent of all fishes, you almost have to become a specialist in learning how to catch them. Several methods are among the most productive. *Don Brehm*, an ardent advocate of the carp, from *Webster Groves, Missouri*, recommends baiting a stream pool or lake area with shelled corn soaked in water for three days until it begins to swell. The soaked corn is distributed in 6 to 20 feet of water, preferably a day before fishing to attract carp to the location. On the day Brehm goes out to fish he opens a can of whole kernel corn, threads five kernels on a strong, sharp hook and casts into the baited area after he chums it with



15-20 morsels of whole kernel corn. Then he sits back and smiles a lot.

One word of advice, however, Contact your local Department of Natural Resources to determine whether the method of chumming or baiting can be legally used. In Wisconsin it is not a legal method.

Expert carp anglers agree that an open bail spinning reel filled with 12-pound monofilament line attached to a 6 to 8 foot spinning rod with some backbone (you're going to need it) works best. Attach your hook directly to the line, and **never** use a cable leader or attach your hook to a snap swivel.

Don Brehm recommends placing a split shot a foot above the hook to carry the bait to bottom. He then reels in to straighten the line, but leaves about three feet of slack. He watches the tip of the rod and when the fish taps at the bait and tightens the slack line, he releases the bail and allows the fish to run with the bait before turning the fish with a jerk. Then he hangs on for dear life.

When fishing in deep-moving streams, slip sinkers work best to carry the bait to bottom. When the carp mouths the bait and moves off, the line feeds through the sinker easily until the hook is set.

Most expert carp fishermen prefer not to use bobbers, but if you do, remember that your bait should be on bottom and for that reason, you'll need a split shot or slip sinker near the hook. Your bobber then, should have enough slack to lie on the surface of the water, but it should be small — about the size of a nickel — and should be counter balanced with a few split shots immediately underneath so that it literally struggles to stay on the surface. Instead of watching the tip of the rod, you then watch the bobber for movement.

The carp is included among those species that detect food, especially in turbid waters or among muddy bottom materials, with a pair of sensory organs near the mouth called barbels. Laboratory tests have shown that carp can detect taste differences between salty, sweet, sour and bitter substances. As a result, serious carp fishermen experiment with various baits that attract by taste or odor.

You may find the perfect carp bait for your waters among the following suggestions:

1. Whole kernel corn.
2. Slices of half-boiled potato. Leave the skin on.
3. Marshmallows.
4. Pieces of bread, including the crust.
5. Commercial scent baits.
6. Boiled dumplings of flour and water. To prepare, add to different lots of the mixture such varied materials as sugar, cheese, sorghum, and oil of anise before the dumplings are boiled. Some fishermen add cotton to the mixture to help it stay on the hook longer. **Remember**, don't boil the dumplings too long.
7. Peanut butter balls. Mix peanut butter and breakfast wheat flakes together. The mixture is molded into a ball around a small treble hook. Some fishermen prepare for fishing ahead of time by wrapping balls of the mixture in squares of nylon mesh stocking material so that it stays on the hook longer.
8. Last, but not least, *Bob Timberlake*, writing in *Outdoor America*, the publication of the Izaak Walton League of America, supplies the most unusual carp bait recipe: Mix 3 cups of cornmeal, 1 cup flour, 1 tablespoon cinnamon in a paper bag. Take 1 pint water, bring to a boil. Turn down to simmer, add 1 regular package strawberry jello, 1 tablespoon vanilla. With mixture simmering pour meal mixture on top until jello starts bubbling through. Stir continuously for 2 minutes with a **wooden spoon**. Turn fire off, cool and make into 2 or 3 balls. Put the balls in wax paper to keep soft. Store in refrigerator. Bait up and hang on. P.S. Best used with small treble hook in moving water. P.P.S. If you get hungry while fishing, pour a beer and eat the bait.

Freshwater Drum (Sheepshead)

Most fish of this species are caught by fishermen angling for walleye, sauger, perch or northern pike. They bite readily on minnows, nightcrawlers and will take a variety of plugs and spoons, even while they are being motor trolled. The problem then, is not so much how to catch them, but to convince yourself — with the recipes that follow — that maybe you should take a few home instead of returning skunked!

Suckers and Redhorse

Both are usually caught in streams or lakes where they are abundant, using worms or nightcrawlers. They prefer relatively clean waters, so remember that your line should be no more than 6 pound test monofilament, with the hook tied directly to the line, without metal leaders, snaps and swivels. Use a carefully weighted small bobber and drift your bait into deep pools.

Burbot or Lawyer

This unusual appearing fish feeds heavily in the winter and is most often caught while ice fishing for walleyes or sauger using tip-ups with a minnow for bait.

Other Harvesting Methods

Anglers in Wisconsin waters are allowed to take “rough” fish by hand or to use spears, bow and arrow, spear guns while skin or scuba diving, dip nets and seines. However, because regulations vary from county to county, anglers wishing to try these methods are urged to obtain a current copy of the pamphlet “Wisconsin Spearing and Netting Regulations” or to contact their local Department of Natural Resources offices. Readers in other states are similarly urged to obtain copies of their state laws relating to the legal methods of harvesting rough fish.

HOW TO HANDLE THE FISH YOU CATCH

Walk along the banks of a stream, a fishing dock, or talk to boat fishermen, and you'll see the reasons why some freshly caught fish are not destined to become gastronomic delights. Why? Because they've been thrown up on the bank to roll in the dirt, or they died and were kept in a pail of warm water, or even were held dead on a stringer in warm summer waters for a length of time. The most delicious fish of all are those that are freshly caught, properly handled after catching, and are cooked with imagination and a top-notch recipe.

So here are some tips on the handling of fish after you've caught them.

Certain oily fish species, particularly carp and freshwater drum, can develop a "musty" taste during the "dog day" months of July and August. The taste usually originates from certain species of algae that become extremely abundant during long periods of bright summer sunlight in warm, fertile waters. Strangely, not all fish of the same species acquire it in the same lake or stream, nor do fish in all waters develop the taste during the summer. How can you tell if the fish will have an "off" taste? Sniff the gills. If they have a musty odor, the flesh will have it too.

Get your freshly caught fish into an iced cooler chest as soon as possible. Ideally, the fish should be bled and gutted before it is iced, but our laws do not allow littering of Wisconsin waters and shores with fish offal. So at least place the fish on ice, ungutted. However, if you want the best tasting fish, before icing, you'll bleed the fish, remove the intestines, other internal organs and the gills and place them in a pail or plastic bag. Put them in the garbage, or put them to use under your favorite rose bush, but not in the water or on shore.

HOW TO BUY FRESH FISH

If you don't have an ice chest or cooler, use a large-mesh fish bag or a clip-type fish stringer. Keep your fish alive as long as possible. If the fish is deeply hooked, don't remove the hook, so that the fish can stay alive. Cut the line, leaving 6 inches of leader hanging out of the mouth as a reminder to remove the hook when you clean the fish.

Handling your fish properly pays off in big dividends. You'll **know** the fish is in excellent condition when you prepare it.

Usually, cooks shopping for a fish dinner buy frozen boneless fillets, ready for the pan. With the advanced fast-freezing techniques available to the industry today, you can rest assured that your purchase will reach the table in an almost fresh condition.

But, what about those of you that are fortunate enough to buy at a fish market? How can you tell if the carp or buffalo fish you buy for baking or stuffing, or the freshwater drum for fillets are fresh and in good condition? First, use your sense of smell. If the fish smells strongly "fishy", it is not fresh. Fish freshly caught have a very mild fishy odor. Next, look at the eyes and gills. The eyes should bulge, and be bright and clear, while the gills should be dark pink or red without a covering of mucus. The scales of a fresh fish attach firmly to the skin and are bright and shiny. Finally, the flesh of a fresh fish should be firm and elastic, springing back when you indent it with a finger.

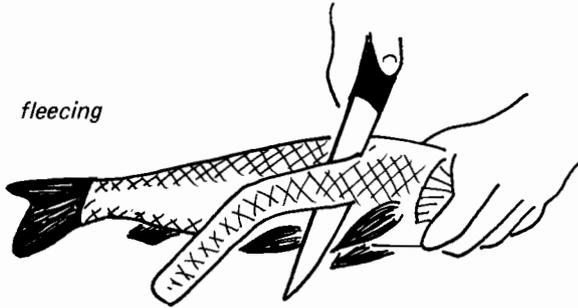
HOW TO PREPARE FOR COOKING

Now that you've caught or bought fresh fish, what do you do with them? That, of course, depends on how you expect to prepare the fish and what species of fish you've caught.

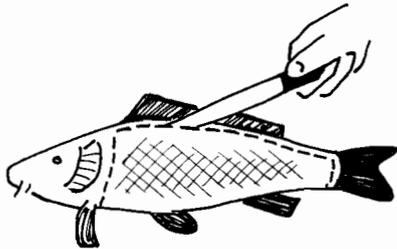
In general, the various rough fish species are prepared as follows.

Carp

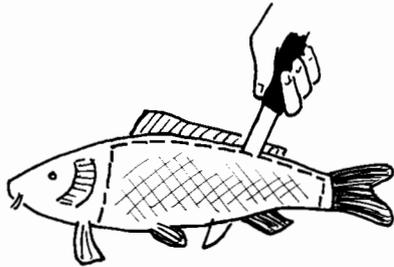
fleecing



Can be baked whole with dressing, smoked, pickled, canned, steamed, deep fried, pan fried, and used in chowders. The scales of a carp can be easily removed by the method known as fleecing. A long, thin, sharp knife is preferable and is inserted under the scales near the tail. A sawing motion is used to fleece the scales from the fish, moving from the tail to the head. Many rows of scales can be removed in one operation without cutting into the skin, which then appears white and clean. For baking, the head and fins are removed after fleecing, but the fish is left whole so that a bread stuffing can be inserted into the body cavity. Fleeced carp are prepared for smoking either by cutting cross sections of the fish called steaks, or by sawing through the entire length of the vertebral column (backbone) to halve the fish after the head is removed.



Carp can also be filleted after fleecing where the skin is to be retained for pickling and canning. However, carp used for steaming, poaching, deep or pan frying or in chowder can be filleted without scaling. To fillet, make a deep cut from the top to bottom immediately in back of the gill cover of the fish. Then insert the blade of a sharp knife into the fish immediately in back of the head and cut deeply to the backbone on either side of the top or



dorsal fin. When you reach the area of the back opposite the vent of the fish, push the point of the knife all the way through the skin on the ventral (bottom) side and pull the knife through to the tail. Lift the flap of flesh on one side nearest the head and with a slicing motion separate the flesh from the vertebral column and the rib cage bones. Repeat on the other side of the fish.



To remove the skin and scales, place the fillet scale and skin side down. Grasp the tail portion of the fillet with thumb and forefinger and cut into the tail of the fillet until you reach the skin. Then turn the knife parallel to the skin and with a gentle sawing motion away from you, separate the skin and scales from the flesh. With a little practice, anyone can become an expert.

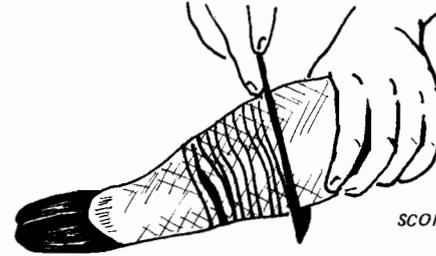


You may find that in certain waters during the summer, carp and freshwater drum acquire a musty algae taste. Past experience shows that it is primarily deposited in the skin and in the reddish brown streak along the lateral line of the fillet, which should be sliced off. Carp also have a prominent "mud vein" underneath the dark meat at the lateral line that some fishermen also favor removing. Just remember that you don't have to go through the extra operations except during the warmest summer months.

Carp, as well as suckers, redbone, quillback, buffalo fish (and one game fish, the northern pike) have many small "Y" bones scattered throughout the flesh. After filleting and skinning, the fillet should be scored by cutting into the fillet and through the "Y" bones every $\frac{1}{4}$ to $\frac{3}{8}$ inch where they may be present in the front $\frac{2}{3}$ of the fish. Cooking oils are then able to penetrate to the bones to soften them so that they cannot be detected.



scoring a fillet



scoring a whole fish

Suckers and Redhorse

These fish have many "Y" bones. They are best prepared by filleting, skinning and scoring prior to pan frying or by freezing the skinned fillets, then running them through a food grinder twice to break down the "Y" bones. The resulting ground fish can be used in patties, hash or sausage. Both species are also excellent pickled and canned.

Quillback or White Carp

Primarily used for smoking. Have "Y" bones. Fillets should be twice ground to make patties, hash and sausage.

Bowfin or Dogfish

Are best smoked. Freeze them for a month before smoking to harden the flesh.

Burbot or Lawyer:

Should be skinned as soon as possible after the fish is caught. Then fillet the fish, which is excellent pan fried, but is superb boiled as "Poor Man's Lobster". Be sure to reserve the livers after removing the dark green gall bladder. They are reputed to taste better than finest calves liver. Strangely enough, in some areas of Wisconsin the demand far exceeds the supply, while in the Lake Superior area commercial fishermen are forced to bury them because of low sales.

FISH RECIPES *

In a preliminary pamphlet "Rough Fish — underutilized, delicious (some) and inexpensive," which contained six recipes for rough fish, it was noted that this book was being prepared, and other rough fish recipes were requested from readers of the pamphlet. The response was overwhelming, and many of the recipes were duplicated. Where this occurred, the name and address of the first person submitting the recipe is listed. Our grateful thanks are given to all of our kind readers in Wisconsin and other states who took the time and effort to write.

*Use of names of commercial products does not constitute endorsement by the Department of Natural Resources.

BAKING

The first recipe was kindly donated by *Chef Louis Szathmáry*, The Bakery Restaurant, Chicago, Illinois. Chef Louis is a famed cook and writes a gourmet food column that is syndicated in well over 100 newspapers throughout the United States. Chef Louis notes that in his native Europe, this traditional Hungarian dish is prepared with a true gourmet fish, the carp.

Fish Paprikash

1-6 lb. whole carp
Salt
3 tbsp. cooking oil
1 small onion, finely chopped
1 tsp. paprika
½ c. sour cream, room temperature

Have the fish cleaned and filleted, and make a stock with the fish heads, tails and bones. * Wash and dry fillets, salt them lightly, and place in a lightly oiled baking dish. Saute chopped onions in rest of oil. Stir in paprika and 1 c. fish stock. Simmer 10 minutes, then take pan off heat and let it cool to lukewarm. Blend some of the paprika sauce into the sour cream, then slowly pour back into sauce. Taste for seasoning and consistency; if necessary, dilute sauce with more fish stock or water. Pour sour cream sauce over fillets, cover and bake 20 minutes in 300°F oven. Serve with galuska.

*Stock

Use large enamel or stainless steel pot
1 small onion thinly sliced
4-5 parsley stems
1 tsp. salt
Washed bones, heads and fish tails
Enough water to cover and simmer 30 minutes uncovered. Strain.

Galuska (spaetzle)

3 c. flour
4 eggs
1 c. milk
1 tsp. salt
4-6 tbsp. butter

Fill a large pot about $\frac{2}{3}$ full with water. Add approximately 1 tsp. salt for each quart of water used. Cover and bring the water to a boil, then set the heat so the water remains at a gentle boil. With a fork, beat the eggs with the milk. In a large mixing bowl, combine the flour and salt with the beaten egg mixture. Stir with a wooden spoon, until the batter is smooth and all the flour is incorporated. With a tablespoon, spoon the dough into the boiling water, taking an amount about the size of an almond each time. Continue until all the dough is used. Cover the pot $\frac{3}{4}$ of the way, leaving an opening so that the steam and foam, which develop as the Galuska cook, can escape. Stir occasionally. Cook until all the Galuska are on top of the water. Test one of the larger Galuska by cutting through it to be sure that no raw center remains. Pour into a colander and immediately rinse very quickly and briefly with cold water. Shake as dry as possible. Place Galuska in frying pan, add butter. Gently turn them in the melted butter. Keep warm until serving time.

Baked Stuffed Carp

1-6 lb. dressed carp with head, tail, fins, skin and scales removed. Score the fish to break down "Y" bones if you wish.

Stuffing

1 qt. bread crumbs or cubes
3 tbsp. minced onion
2 tsp. ground sage
¾ tsp. salt
¾ tsp. pepper
¾ c. finely chopped celery
6 tbsp. hot melted butter

Mix all ingredients well until bread is moistened. Stuff the fish. Place stuffed fish on aluminum foil in a baking dish in oven preheated to 500°F. Let brown for 10 minutes, remove and cover carp with bacon slices. Lower heat to 425°F and bake 35 minutes. Add 5 minutes per pound for carp larger than 6 pounds.

Donated by: Mrs. Delbert Heschke, Tomahawk, Wis.

Baked Fish with Stuffing (Buffalo Fish or Carp)

A 3-5 lb. fish (whole) scaled and drawn
¼ c. lemon juice
1 clove minced garlic
Salt
1 box commercial seasoned bread croutons
1 small onion chopped fine
Several sprigs parsley, chopped
3 slices bacon, diced and fried crisp

Marinate fish inside and out with mixture of lemon juice and minced garlic. Salt fish inside and out.

Moisten croutons with hot water (not too wet); add 1 tbsp. bacon drippings, bacon, onions and chopped parsley. Mix thoroughly. Stuff fish and wrap in foil to keep juices in. Bake at 325°F, 20 minutes per pound.

Donated by: Sylvia H. Becker, Stevens Point, Wis.

Baked Fish with Dill Dressing

3 c. soft bread crumbs
½ tsp. salt
¼ tsp. pepper
3 tbsp. minced onion
½ c. melted butter
4 tbsp. chopped dill pickles
2 tbsp. parsley, chopped
Tomato soup or canned whole tomatoes

Mix bread crumbs with salt, pepper and onion, add butter slowly and toss dressing with fork to mix. Then add chopped dill pickles and parsley. Rub inside of fish with salt and pepper, fill with dill dressing and sew edges of fish together. Place fish in a well greased baking pan, sprinkle salt on outside of fish and baste with butter. If fish is lean, lay strips of bacon on top. Just before the fish is done, pour tomato soup or canned tomato on top of fish until sauce is heated through. Bake 10 to 12 minutes per lb. in 375° F oven. This is for a 3-5 lb. fish. (Use carp or buffalo fish.)

Donated by: Mrs. Elmer Schmidt, Beaver Dam, Wis.

Each summer, approximately 100 high school students attend one of two 6-week sessions at the Kettle Moraine Youth Camp where they work, study and learn about Wisconsin's Natural Resources. As a part of each session, the students are invited to the Department of Natural Resources rough fish station at Calumet Harbor on Lake Winnebago where they receive a lecture about rough fishes and observe unloading operations of freshwater drum from the trawling fleet. Several hundred pounds are iced and sent back to the camp, and the students fillet the fish for their dinner. After word filtered back that the students were trading their desserts for second and third helpings of freshwater drum fillets, we contacted the cook for her recipe, and here it is:

Baked Fish with Sauce (Exceptionally good with freshwater drum fillets)

1½ c. melted butter
3 tbsp. lemon juice
1 tsp. celery salt
¼ tsp. Worcestershire sauce

Put all ingredients in kettle and heat well. Dry fish fillets, place fish on flat pan. Brush sauce over fillets. Sprinkle with salt and pepper. Bake at 350° F for 15-20 minutes. Sprinkle with paprika, just before removing from oven. Do not put paprika on fish before baking or fish will have a "fishy" taste.

Donated by: Norma Dins, Cook, Kettle Moraine Youth Camp, DNR, Dundee, Wis.

BOILING

Many cooks recommend boiling fish as the ideal way to enhance their delicate flavor. Two rough fish species that have an exceptional taste when prepared in this manner are burbot (or lawyer) and freshwater drum. Both species supply boneless fillets.

Poor Man's Lobster

2 qts. boiling water
2 tbsp. salt
Fish fillets

Drop fillets in salted boiling water. Return to full boil; allow burbot to remain in water 1½ minutes and freshwater drum 3-4 minutes. Remove with a slotted spoon. Either dip fish pieces into melted butter or pour butter over fish, sprinkle with salt and lemon juice. Serve with boiled new potatoes, a vegetable, pickles, cole slaw and rye bread. A super meal!

Some modifications to the original recipe were sent to us. For example, *Margaret Kunstman of Appleton, Wisconsin*, suggests that in addition to salt, one tablespoon of caraway seed (placed in a cheesecloth bag) be added and boiled for ten minutes before the fish fillets are dropped in. She is convinced that caraway takes away the fishy odor and taste, and it's delicious.

Mrs. Delbert Heschke of Tomahawk, Wisconsin, modifies the recipe even further:

To each 4 qts. of water in roomy kettle add:
4 tbsp. salt
2 tbsp. caraway seeds
2 tbsp. dill seed
3 tbsp. chopped parsley

Bring to a boil and add fish which have been cleaned, filleted and cut into serving-sized pieces. Simmer gently for about 10 minutes. Remove from liquid with a slotted spoon. Let stand a few minutes to firm up before serving. Serve with melted butter for dipping.

Jim Ellison of Shawano, Wisconsin, supplies the final recipe for the "Lobster Imposter":

Fish fillets
salt
pepper
butter
paprika
fresh lemon

Place fillets in boiling salted water. Boil 1½ minutes for medium fillets and 2 minutes for larger fillets. Count time from the time water returns to a boil. Drain and place on a broiler pan. Cover with butter, salt, pepper and paprika. Broil one side for about 5 minutes or until fish starts to brown. Garnish fish with fresh lemon and dip in drawn butter. Tastes so good it'll make you cry.



Poor Man's Lobster. Boiled, buttery and delicious.

BROILING

Two unusual recipes were sent to us by Minnesota cooks:

Broiled Fillets of Carp

4 fillets of carp
½ c. water
½ c. Italian dressing (oil and vinegar)
Salt and pepper to taste

Clean and fillet fish, remove strip of red flesh and mud vein. Score "Y" bones, then cut in serving portions. Place water in baking dish big enough so that fillets are flat in the pan, then brush the fillets with Italian dressing, pour remaining dressing in pan over fish. Broil in 400° F oven until fish flakes.

Donated by: Francis E. Barron, Northfield, Minn.

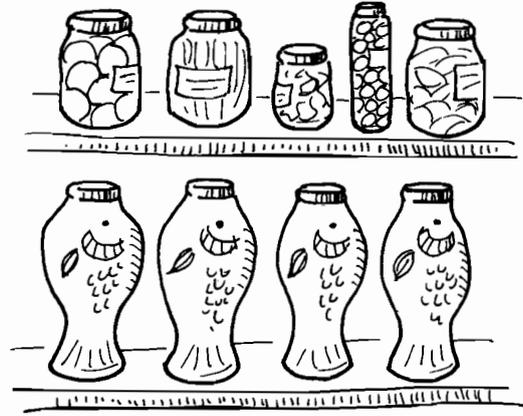
Snappy Fillets

2 lbs. skinless fillets
½ c. frozen orange juice concentrate, thawed
¼ c. oil
¼ c. soy sauce
¼ c. cider vinegar
½ tsp. salt
Chopped parsley
Orange slices for garnish

Thaw fillets, if frozen. Place fillets in a single layer in a well-greased pan or baking dish. Combine remaining ingredients, except parsley and orange slices. Brush fish with sauce. Broil about 4 inches from source of heat for 5 minutes. Turn fish carefully and brush with sauce. Broil 5-7 minutes longer or until lightly browned and fish flakes easily when tested with fork. Sprinkle with parsley. Place on heated platter which is edged with orange slices. Makes 6 servings.

Donated by: Lillian Crandall, New Brighton, Minn.

CANNING



Of all the different types of recipes donated by readers for this booklet, more canning recipes were sent than any other. Invariably the recipes included rave notices that canned carp or suckers (apparently two species well adapted to this method of preparation) taste exactly like canned salmon, and can be used in the same ways. You certainly must be aware of the current price of canned salmon. Other canning recipes include freshwater drum and smelt. If you like canned fish, some of the recipes that follow may appeal to you.

But, if you are canning for the first time, make certain that you read thoroughly your pressure cooker instructions. Be aware that botulism, resulting from a common bacteria present in some food, can become deadly. When it is present in air, it exists as a spore that lies dormant. When air is excluded from a food, as in canning, the spores start multiplying to create a poisonous toxin — unless the spores are killed by pressure cooking.

Ordinary boiling temperatures (212°F in a water bath) do not kill botulism spores. But when water is boiled under pressure, as in a pressure cooker for example, when processed at 10 pounds per square inch (psi), the temperature reaches 240°F, and at 15 psi it reaches 250°F.

Some of the canning recipes that follow indicate the fish should be processed at 10 psi for a certain period of time. However, bear in mind that the spores of botulism are just barely killed at 240°F (10 psi) while at 15 psi (250°F) they are easily destroyed, although the food can turn mushy. It has been suggested that food, including fish, be pressure cooked at 15 psi, but for only 70 percent of the time recommended at 10 psi to eliminate that problem. Properly processed canned fish should last at least two years and will store best in a cool, dry place.

Canned Fish (Tastes Like Salmon)

3 tbsp. catsup
4 tbsp. vinegar
2 tbsp. cooking oil
1 tbsp. water
2 tsp. salt

Clean fish. Remove rib cage bones. Cut in chunks to fit in quart canning jars. Wipe fish dry and pack in jars. Pour the mixture of catsup, vinegar, oil, water and salt over the fish. Seal with standard canning lids and pressure cook for 90 minutes at 15 pounds pressure.

Donated by: Mrs. Steve Bunders, Prairie du Chien, Wis.

Mrs. James Zimmerman of Wauwatosa donated a similar recipe and notes it to be particularly good for fish with "Y" bones, which are softened and edible after pressure cooking.

Canned Carp (Tastes Like Salmon)

Fillet carp, chunk, soak in salt water overnight.
Wash in fresh water; then pack in pint jars.
To each jar add:
1½ tsp. canning salt
1 tbsp. white vinegar
1 tbsp. tomato sauce
1 tbsp. cooking oil

Pressure cook for 90 minutes at 10 pounds pressure (or 65 minutes at 15 pounds pressure) . Good with crackers and beer as an appetizer.

Donated by: Agnes Trehey, Wauzeka, Wis.

Jim Ellison of Shawano, in addition to the following recipe, supplies an important tip to those canning fish. He notes that when using either pints or quarts, leave 1 inch of head space. Do not fill too full, or oil will get under lids and jars will not seal.

Mock Sardines

Yellow salad-style mustard
Canning salt
Lemon juice
Vegetable oil

Scale, remove heads and viscera from pint size or smaller smelt or perch. (Note: freshly caught alewives could also be used.) Wash and pack upright in pint jars, skin side out.

Mix 3 heaping tbsp. mustard to each cup of water. Fill jars $\frac{3}{4}$ full of mixture. Add $1\frac{1}{2}$ tsp. canning salt and $\frac{1}{2}$ tsp. lemon juice to each jar. Fill remainder of jar with vegetable oil, leaving 1 inch headspace; process 100 minutes at 10 pounds in pressure canner (or 70 minutes at 15 pounds) .

In addition to canned fish that taste like salmon or sardines, *Mrs. Alfred Behmer of Norfolk, Nebraska*, supplies a recipe using freshwater drum or white bass fillets. She says it tastes like tuna.

Canned Fish

Fresh or frozen fillets
Salt
Cooking oil

Pack fillets in pint jars solidly. Add $\frac{1}{2}$ tsp. salt and 1 tbsp. cooking oil — nothing else. Screw lids on. Cook in pressure cooker 90 minutes at 10 pounds pressure (or 65 minutes at 15 pounds pressure) .

Sucker Salmon

Mix the following for each pint jar of fish:

- 1 tsp. brown sugar
- 1 tsp. canning salt
- 1 tsp. white vinegar
- 1 tsp. butter
- 1 tsp. catsup

Soak sucker (or redhorse) fillets for 1 hour in a salt brine strong enough to float an egg. Remove from brine, pack in pint glass jars to within 1 inch of the top. Add mixture. Pressure cook at 10 pounds for 70 minutes (or 15 pounds for 50 minutes) . Let stand 2 weeks. Then open for a delicious treat.

Donated by: Frank J. Luedtke, Sun Prairie, Wis.

CHOWDER AND SOUPS

Fish chowder addicts have long recognized that nothing stiffens the moral fibers, straightens the backbone, and warms the soul more than a bowl of piping hot chowder. Knowing this, here's an excellent recipe for a chowder that not only delights the eye, but one that smells wonderful, and has a taste that will make your mouth water every time you think of it.

Rough fish, particularly freshwater drum and burbot are excellent in this recipe and those that follow, because the fillets do not have "Y" bones. Carp, sucker and buffalo fillets are excellent too, but they must be precooked, cooled and the meat separated from the "Y" bones before use in the chowder. Be sure to reserve the water used to boil the fish as the source of liquid for the chowder.



Fish Chowder

Recipe makes 3 gallons — Use 12 qt. kettle

5 lbs. white potato (Idaho preferred)

1 onion (3" diameter)

1 $\frac{3}{4}$ tbsp. salt

4 lbs. boned fish

28-oz. can whole tomatoes

51-oz. can tomato soup

$\frac{3}{4}$ tbsp. black pepper

$\frac{1}{2}$ lb. butter

1 pt. half and half coffee cream

$\frac{1}{4}$ lb. soda crackers (reduce to meal in blender

— add hot water to make slurry)

Peel, quarter and slice potatoes thin. Rinse in cold water until water is clear of excess starch. Put onion in blender with a little water and reduce to liquid. Add onion and salt to potatoes, cover with water and then add 2 extra quarts of water. Boil until potatoes are soft. **Do not pour off liquid.** With potato masher, reduce about $\frac{3}{4}$ of the potatoes to a puree. Cut the fish in chunks if you're using raw fish. Add to the potato puree. Put whole tomatoes in blender for 2 seconds to break up, add to potato puree along with the tomato soup. Cook until the fish flake. Turn down heat. Add pepper, butter, half and half and soda crackers. Add hot water to give consistency of a medium thick soup. Simmer for $\frac{1}{2}$ hour. Then eat and enjoy. Freezes nicely.

Donated by: Vern Hacker, Oshkosh, Wis.

For a different type of chowder entirely, *Jim Nehls of the Madison DNR Office* supplied the following:

Oooooo Chowder

1-2 lbs. bacon (ends and pieces are good)
1 onion (chopped fine)
½ bunch of celery (chopped)
½-¾ stick butter
1-2 cans cream style corn
1 qt. milk
1-1½ lbs. boned fish fillets
Salt and pepper to taste

Brown bacon, drain and set aside. Brown onion and celery in bacon fat, drain and set aside. Dip fish fillets in flour and fry in bacon fat. Drain all fat from fish. Place all ingredients in large pot; simmer 15-20 minutes. Season to taste and serve with oyster crackers.

Neptune's Chowder

4 c. water
1 pkg. scalloped potatoes (5½ oz.)
1 can evaporated milk (13 oz.)
2 lbs. fish fillets, cut into chunks
1 can undrained minced clams (8-9 oz.) or 1
(12 oz.) can clam juice
1 can (1 lb.) drained whole kernel corn
Salt to taste

Combine water, potato slices and seasoning mix from potato package in large pan. Cover and simmer 15 minutes, stirring occasionally. Add remaining ingredients. Simmer, uncovered, 5-10 minutes longer, until fish flakes easily when pierced with fork. Serves 8.

Donated by: Lillian Crandall, New Brighton, Minn.

Mr. Svend C. Sorenson, Bay City, Wisconsin, a commercial fisherman for carp almost all of his life, sends the following suggestion for a fish soup:

Fish Soup

1-1½ qts. potatoes, peeled and diced in half-inch squares
½ qt. chopped onions
6 qts. water
3-4 lbs. filleted carp, cut into 2-inch pieces
12 bay leaves

Boil slowly 30 minutes. Add salt and pepper to taste. Remove fish from soup. Serve it with butter or margarine and a home-made hot mustard sauce. (Mix 2 tbsp. flour, 2 tbsp. mustard powder and 1 tbsp. sugar. Add water to make a thick smooth paste. Add enough cider vinegar to give mixture the consistency of thick cream.) Soup can be refrigerated and used a second day.

Finally, one more chowder recipe:

Carp Chowder

1-6 lb. carp
1 onion
1 tsp. tarragon
½ lemon, sliced
3 c. cooked carp meat (boned)
5 slices chopped bacon
1 chopped onion
2 c. diced cooked potatoes
1 qt. milk
4 soda crackers (crushed fine)
Butter, salt and pepper to taste; crushed basil

Poach carp in water with the onion, tarragon and sliced lemon with peel left on, until the fish is nearly done. Remove from heat, drain and pick the meat from the bones.

Brown the bacon; remove from skillet and add the onion; sauté until tender, but not brown. Drain off any fat. Return bacon to skillet, add the fish, cooked potatoes and heat. Add milk and heat until hot, but not boiling. Remove from heat and stir in the soda cracker crumbs, the salt, pepper and butter. Serve in bowls with a bit of crushed basil on each serving. Serve with garlic bread.

Donated by: Mrs. Delbert W. Heschke, Tomahawk, Wis.

FRYING, BREADING and BATTERS



Chef Louis Szathmáry, in one of his syndicated columns entitled "A Few Thoughts on Perfect Fish Frying" makes some excellent comments and suggestions that every cook should consider:

- Never overcook fish. They should be moist, flaky and steaming.
- When breading fish, don't mix salt and pepper with flour. Instead, make a Chef's salt of:
 - 1 c. salt
 - 1 tbsp. Hungarian or Spanish paprika
 - ¼ tsp. white pepper
 - ¼ tsp. garlic salt
 - 1 tsp. freshly ground black pepperSprinkle both sides of the fish with this mixture before breading.
- Make your own fresh bread crumbs at home, preferably from French, Italian or Vienna bread.
- Always fry fish in a mixture of half lard and half corn oil or butter. Lard has a high smoking point which means it will crisp the breading at a much higher temperature than will butter or oil, without burning the fish. At the same time, less lard is absorbed by the fish than if a cooking oil is used.

Scored carp fillets – crusty, sweet and tasty without a hint of "Y" bones.

Frank “Chick” Deringer, Waters Management Coordinator for the Wisconsin DNR at Green Bay is also an amateur “master” chef who consistently produces some of the finest deep-fried freshwater drum fillets imaginable. They are moist, flaky and surrounded by crisp breading. Here’s his secret:

Dry the freshwater drum fillets and season with salt and pepper. Dredge the fillets in flour, or shake them in a paper bag filled with flour. Then drop them into a well-beaten egg and water mixture of 1 tbsp. cold water to 1 egg. After removal of fillets from the egg mixture, they are deposited in a bed of commercial seasoned bread crumbs. The crumbs are patted onto the fillets in a thick mixture, which causes the fish to steam in its own juices. They’ll be some of the best fried fillets you’ve ever tasted.

An excellent method of covering carp fillets is to roll them in a mixture of $\frac{1}{3}$ (by weight) corn meal, $\frac{1}{3}$ white pancake mix and $\frac{1}{3}$ white flour after they are cleaned and scored. Deep fry at 375°F. The fillets will be brown and crispy.

Mrs. Elmer Daelke of Appleton, Wisconsin, supplies her favorite beer batter recipe for fish:

1 c. beer
1 c. flour
2 eggs, slightly beaten
1 tbsp. salt
1 tsp. baking powder
1 tsp. baking soda

Blend flour, salt, baking powder, and baking soda. Add beer and eggs and stir until batter is light and frothy. Deep fry at 375°F.

Harry Thorne, in the Madison Bureau of Forestry office of the Department of Natural Resources supplied the following:

A Universal "Home Brew" Shake and Bake Coating

Pre-mix:

½ c. buttermilk pancake mix

½ c. fine soda cracker crumbs

½ tsp. paprika

1 tsp. salt

1½ tsp. commercially prepared seasoned salt

¼ tsp. black pepper

Soak or dip fish in water, beer or beaten egg mixture before coating.

The following suggestion was donated by *Harmon Mumbrue of Waupaca, Wisconsin*: Dip fillets in beaten eggs, then roll in potato flakes. Season with salt, pepper and paprika. Mr. Mumbrue also suggests dipping fried fish in sweet pickle juice.

Mrs. Bart Greil of Fond du Lac, Wisconsin, suggests placing skinned and filleted freshwater drum in lemon juice for ½ hour. Then roll in flour, salt, pepper and paprika before frying. When cold they taste almost like a pork chop.

Finally, *Mildred Cunningham, Racine, Wisconsin*, donated the following:

Pan Fried Suckers

Mix:

2 parts wheat flour

1 part pumpnickle rye flour

1 part corn meal

Mix flour well, then shake sucker fillets in mixture using a paper bag. Lay fillets on a rack for about ½ hour. Flour will absorb moisture. Heat oil or fat. Then shake fish in flour again before dropping into the pan.

FISH HASH

½ lb. fish fillets
1 large potato
1 medium size onion
¼ tsp. paprika
Salt and pepper to taste
1 tbsp. butter or margarine

Another ingenious idea donated by *Harry Thorne, DNR, Madison*, is the only hash recipe sent to us. You'll like it:

Boil fish and potato separately until done. Then process potato, onion and fish through food grinder at medium setting. Add paprika, salt and pepper. Mix well. Put butter or margarine in frying pan on medium heat. Brown hash on both sides.

MARINATING

A most unusual, but excellent recipe using rough fish was sent by *Mr. Edward Duarte of Green Lake, Wisconsin*. It is particularly valuable when using species with "Y" bones including carp, suckers or buffalo fish, because the fish are cut into small pieces.

Portuguese Marinated Fish

Prepare a brine of the following materials:

1 c. white vinegar
1 c. red Burgundy wine
¼ c. vegetable oil
1 tbsp. salt
1 tsp. chopped fresh garlic
¼ tsp. thyme
¼ tsp. marjoram
¼ tsp. black pepper
¼ tsp. cumin seed
½ tsp. lemon juice
1 small, red chili pepper, chopped fine
(optional)

Clean, fillet and skin 2 lbs. of fish. On a solid block, chop fish lengthwise as fine as possible. Turn crosswise and chop. Use light cleaver or heavy butcher knife to chop. In a large bowl or jar, submerge chopped fish in the brine for 2 hours. Remove fish, drain and squeeze dry. Fish can then be prepared as follows:
1. Combine with enough flour to bind. Make into fish patties. Fry in hot oil until brown.
2. Mix fish with eggs to make an omelet. Cook at low temperature until done. Has a very distinctive flavor.

PATTIES AND LOAVES



Many people took time to write about making rough fish patties. Suckers, redbreast and carp, particularly make excellent fish patties because the problem of "Y" bones is eliminated when fillets are run through a food grinder.

Dr. David Stuiber of the University of Wisconsin Food Science Department in Madison who has been working particularly with suckers, notes that their flesh has a tendency to become more solid than canned fish when formed into patties. To solve this problem, he suggests adding a tablespoon or two of solid vegetable shortening (at room temperature) and $\frac{1}{4}$ cup cream style corn to each pound of fish hamburger. The corn should be ground with the fillets, and the shortening added to the fish mixture after it is ground. Dr. Stuiber says the corn gives the patties a taste not unlike fried oysters.

Within a short period of time you probably will find minced sucker flesh (also called mullet) in your grocer's frozen food display. Please try it using the suggestion above or one of the following recipes. You will find sucker or mullet flesh to be white, sweet and tasty as well as inexpensive compared to ocean fish. After tasting these recipes, you'll also think twice about discarding rough fish.

Fish Patties

To each 2 lbs. of ground fish, add:
1 c. soda cracker crumbs, salted
1 tsp. pepper
2 eggs
½ tsp. thyme (optional)
1 small diced onion

Clean, skin and fillet fish. Those with “Y” bones run through medium coarse food grinder plate twice. Add ingredients. Make into patties and fry crisp. Can also be placed in a loaf pan, covered with tomato sauce and baked at 350°F until done.

Donated by: Mrs. Joann Johnsen, Kiel, Wis.

Mrs. Norbert Weiss of Mondovi, Wisconsin, sent in a similar recipe and adds that the patties make an excellent sandwich and that grinding eliminates all taste and feel of “Y” bones.

Several persons, including *Don Brehm, the carp expert from Webster Groves, Missouri*, supplied a recipe for carp patties, using canned carp:

Carp Patties

1 pt. jar canned carp
1 egg
1 small onion, chopped
1 tbsp. A-1 sauce
1 tsp. lemon juice
Crushed potato chips

Mix ingredients. Mash with a potato masher. Press into patties and place in mixture of saltine crackers and flour. Fry to a golden brown in oil or butter. Add salt and pepper to taste.

And here's an unusual one:

Carp Patties

White soda
Chopped onion
Chopped celery or celery salt
Sage to taste
Pancake flour

Fillet and skin carp. Run fillets through meat grinder two times. Pour white soda over ground fish and let soak for 20 minutes. Drain meat, add chopped onion, celery salt or chopped celery and sage. Form into patties. Dip in pancake flour and fry. Overeat!

In some locations, bullheads are considered rough fish. *Mrs. George Bottko of Minneapolis, Minnesota*, sent in a recipe that uses them:

Bullhead Patties

2 lbs. filleted bullheads
1 large raw potato
1 small onion
1 large or 2 small eggs
2 tbsp. flour
Salt, pepper and seasoning salt to taste

Grind fillets coarsely, grind potato and onion. Mix with remaining ingredients. Drop by tablespoon into $\frac{1}{2}$ inch hot fat. Bacon fat is very good as it adds to the flavor. Fry until golden brown on both sides.

Fish Loaf

2 eggs separated
½ green pepper, minced
1 tbsp. onion, minced
½ c. walnuts, chopped
1 c. fine bread crumbs
2 tsp. lemon juice
½ c. milk
⅛ tsp. salt
2 c. boiled, de-boned carp or sucker

Beat yolks, combine all ingredients, folding in beaten egg whites last. Bake in a pan (set in hot water) in a 375°F oven for 45 minutes.

Donated by: Lillian Crandall, New Brighton, Minn.

One unusual use of ground fish was donated by *Terry Capelle of Hook and Shell Magazine, Beaver Dam, Wisconsin.*

Fish-Stuffed Peppers

1 c. firmly packed ground rough fish
3 tbsp. uncooked rice
4 tbsp. chopped onions
1 tbsp. chopped celery
1 large can tomato juice
½ tsp. salt
⅛ tsp. pepper
Several drops tabasco sauce
4 medium peppers

Mix fish, rice, onions, celery, salt and pepper. Pack mixture into peppers which have had tops and insides removed. Place peppers in deep pan and cover with tomato juice. Add tabasco sauce. Simmer over low heat for one hour.

PICKLING

The initial pamphlet, publication 7-8500 (76) with rough fish recipes contained one relating to pickling. It is an excellent recipe and was originally donated by *Gary Pope, Foreman, Westfield Fish Hatchery, Westfield, Wisconsin.*

Pickled Fish — Suckers, Carp or Freshwater Drum (sheepshead)

$\frac{5}{8}$ c. pickling salt for each qt. of fish
White vinegar

Pickling mixture

1 pt. white vinegar
1 pt. white port wine
 $\frac{3}{4}$ c. sugar
 $\frac{1}{8}$ oz. pickling spice
Onions, slices

Cut fish in chunks. Dissolve salt in enough vinegar to cover fish. Let stand 4-6 days. Keep at about 40°F. Take out of salt solution and rinse thoroughly with cold water.

Place alternate layers of fish and onions in sterilized jars. Place hot mixture of vinegar, wine, sugar and pickling spice over fish. Refrigerate and let stand one week before using. This solution covers 4 qts. of fish.

Many other pickled fish recipes were received for both raw and cooked pickled fish. I'm sure you'll agree the recipes that follow are an outstanding collection.

For example, *Mrs. John McCoskey of Algoma, Wisconsin,* suggests that the pickled fish from the original recipe be drained and the liquid replaced with commercial sour cream. An excellent idea.

Mr. John Sobotta of Arcadia, Wisconsin, sent in one of his favorite and most used recipes:

Pickled Fish

1 c. water
3 tbsp. pickling spices
1 c. white sugar
1¼ c. white port wine
2¼ c. white vinegar
Sweet onions

Cut freshwater drum (sheepshead) fillets into 1½-inch squares, not more than ½-inch thick. Soak fish for 24 hours in salt brine strong enough to float a raw egg. Drain. Soak in white vinegar for 24 hours. Drain. Bring mixture of water, pickling spices, white sugar, port wine and vinegar to a boil. Place alternate layers of fish and sliced onions in a clean jar. Pour hot brine over the top. Refrigerate. Ready to eat in a week.

Margaret Reichenbach of Oshkosh, Wisconsin supplied the following excellent recipe.

Pickled Suckers

6 suckers, scaled and filleted
Canning salt
3½ c. vinegar
¼ c. sugar
1 tbsp. pickling spices
1 large onion, sliced
1 c. water
1 jigger brandy (optional)
Salt and pepper

Place fillets in dry salt overnight to harden. Then remove from salt and freshen in running water. Cut into bite-sized pieces. Bring mixture of vinegar, sugar, pickling spices, onion, water and brandy to a rolling boil. Then reduce heat to cause the liquid to simmer. Add pieces of fish, cover kettle and cook for 2 minutes. Do not over cook. Put fish into clean crock or jars. Slice 2 or 3 large onions and place over fish. Add salt and pepper to taste. Allow to cool. Refrigerate for a day or so to season. This recipe is also good for smelt or perch.

Pickled Carp

6 c. vinegar
4 c. sugar
1 tbsp. salt
2 c. water
2 medium onions, sliced
2 tbsp. pickling spice

Bring ingredients to a boil for at least 5 minutes. Reduce heat. When at a simmer, add pieces of filleted, scored carp. Do not boil. The fish will turn white. Watch closely, as time of simmering depends on size of pieces. Put in glass or stoneware. Cover with liquid. Let stand several days.

Donated by: Mrs. Julius Ingwersen, Kenosha, Wis.

Pickled Fish With A Different Twist

Filleted fish cut in strips
 $\frac{1}{8}$ c. salt for each quart of fish
White vinegar

Pickling mixture

2 parts white vinegar
1 part sugar
Pickling spices

Place strips of fish in container. Add salt. Then cover with vinegar. Let stand for five days in refrigerator. Drain.

Take strips of fish and roll around small dill or sweet pickles and stuffed olives. Place in jar with sliced onions. Heat pickling mixture. Let cool and pour over fish. Let stand three or four days.

Donated by: Mrs. Dolores Rohwedder, Cushing, Minn.

And here's an unusual one:

Fish Sultz

3 c. vinegar
3 c. water
½ tsp. pepper
1 tsp. salt
1 small onion, chopped fine
3 tsp. plain gelatin
⅔ c. sugar
Makes six cups of liquid

Use only as much fish as can be covered by amount of liquid. Cut fish — carp, freshwater drum (sheepshead), or suckers into small pieces. Simmer liquid for 20 minutes. Add fish and simmer about 5 minutes (until fish flake). Put fish in glass jar or bowl, and cover with liquid. Let stand in refrigerator for about 5 days to allow bones to soften.

Donated by: Willard Reiser, New Ulm, Minn.

The following recipe is uniquely different and is supplied by Mrs. Evelyn Smith, Port Washington, Wisconsin.

Save-The-Catch-Pickled Fish

2½ to 3 lbs. fish fillets, fresh or frozen
1½ c. sliced onion
1½ c. sliced carrot
2 tbsp. dry mixed pickling spices
1½ c. water
¾ c. vinegar
2 tbsp. salt
1 tbsp. sugar

Cut fish in 1-inch pieces. Place in 2-quart covered casserole ⅓ of the fish, onions, carrots and pickling spices. Repeat 2 times. Combine water, vinegar, salt and sugar; bring to a boil. Pour over ingredients in casserole dish. Cover. Heat in slow oven, 325°F for 1 hour or until mixture reaches the simmering stage. Remove from oven. Cool. Refrigerate for at least 24 hours. Serve as an entree with potato salad and vegetable or as an appetizer with crackers, toast squares or party rye. Makes 6 entree servings — 10-12 appetizer servings.

The last recipe, by *Mrs. Amanda Goyke of Oshkosh, Wisconsin*, utilizes a fish product that is almost always wasted — the roe, or eggs of fish. (Remember, do not use gar fish eggs) .

Pickled Fish Roe

1 quart water
1 c. vinegar
1 medium onion, chopped
½ tsp. pickling spices
1 bay leaf
3 allspice, crushed (optional)
A few sprigs of parsley

Gently remove the skeins or sacs of eggs from the body cavity of the fish, taking care not to break the membrane. Small sacs of eggs are best. Drop skeins of eggs in any pickling salt. Cover completely and leave in salt for one hour. Then remove from salt and rinse gently in fresh water. While eggs are being salted, prepare the mixture at left.

Simmer combined ingredients about 10 minutes. Then drop in sacs of eggs. Cook for 30 minutes and let cool in the juice. Excellent hot or cold. Serve with boiled potatoes and a salad.

SAUCES

Throughout this booklet, recipes for several sauces to be used with fish are included. Because some fish have a bland taste, sharp, piquant sauces are often added to fish to perk the taste buds.

For example, the initial rough fish recipe booklet included an ingenious little recipe:

Poor Man's Shrimp Cocktail

Filleted freshwater drum or burbot
1 tbsp. salt per qt. of water
Celery cut in chunks
Lettuce
Cocktail sauce (blend catsup and horseradish to taste)

(NOTE: *Ev Follett, Oshkosh, Wis.* suggests adding a few raw shrimp to the water used to boil the fish strips to really add shrimp flavor.)

Cut fillets in one-inch wide strips. Drop in boiling, salted water. Cook for 2 minutes after water returns to a boil. Remove from water. Rinse in fresh water. Place in refrigerator to chill for at least 4 hours. Prepare salad bowls by lining them with lettuce. Add chunks of celery. Place strips of cold fish in bowl and cover with cocktail sauce. Serve with soda crackers and lemon wedges. After you try this you will wonder why you ever threw rough fish away.

Donated by: Vern Hacker, Oshkosh, Wis.

Mrs. Mildred Cunningham of Racine, Wisconsin, supplied a number of excellent recipes for use in this booklet, including the following:

Tangy Sauce For Fish

½ c. prepared yellow mustard
½ c. tomato juice, chili sauce, or catsup
¼ c. teriyaki sauce

The tangy sauce is best used on fillets of fish (try freshwater drum or burbot) that are placed in a greased pan. Spread a generous layer of sauce over fish. Seal with foil or dish cover. Bake in 350°F oven for 45 minutes or until fish flake. Serve chilled with additional sauce. Flavor is similar to sardines in mustard sauce. May also be used as a cracker spread, mixing in salad dressing, onion or chives to flaked fish with sauce.

SAUSAGE

Several really intriguing sausage recipes were sent in by kind readers of the rough fish pamphlet. They are being passed on to you:

Any fish will do, but those with a "mild" flavor, such as suckers or redhorse, are the best.

Fish Sausage

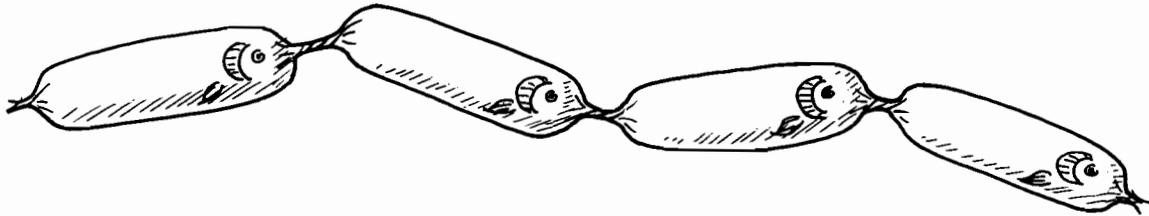
For every pound of ground fish, add:

¼ to ½ lb. beef hamburger

1 tbsp. Morton's poultry and sausage seasoning

Skin fish and fillet. For those with "Y" bones, score according to directions in this booklet. Partly freeze the fillets and put through a meat grinder, fine grind. Add ingredients and mix well with potato masher. Form into patties and store in refrigerator for 24 hours. Can then be frozen or used immediately. Place patties in frying pan over medium heat and fry 4-5 minutes on each side. **Do not overcook.** Excellent cold.

Donated by: Harry Thorne, DNR, Madison, Wis.



And another mouth-waterer:

Fish Sausage

20 lbs. fish fillets
6 lbs. bacon
¼ lb. soda crackers, rolled
8-oz. pkg. Morton's poultry and sausage
seasoning
2 c. powdered milk
2 c. water

Grind fish fine — twice through grinder if needed. Grind the bacon. Combine all ingredients. Shape into rolls. Freeze. Slice while frozen and fry; or can be put into sausage casings and smoked.

Donated by: Mrs. Morrill Fjestad, Northome, Minn.

Fish Sausage

2 lbs. fish fillets
1 medium onion, chopped fine
½ tsp. sage
¼ tsp. garlic salt
¼ tsp. celery salt
1 tsp. lemon juice
20 saltine crackers, crushed
Salt and pepper to taste

Put fillets through meat grinder. Mix all ingredients together. Make into patties and fry like hamburger.

Reprinted from: Iowa Conservationist, December, 1975.

SMOKING

Probably every lover of smoked fish has vowed at one time or another to learn how to smoke fish, but this is often deferred because there isn't much in the library to tell you how to go about the task. We'll attempt to do so here. Carp, suckers, freshwater drum, catfish, bullheads, smelt and bowfin taste exceptionally good prepared in this manner. Please try some soon, or smoke some of your own.

We owe many thanks to *Jim Ellison, Shawano, Wisconsin*, for the description of the refrigerator smoker and tips on smoking fish.

Preparing a Fish Smoker

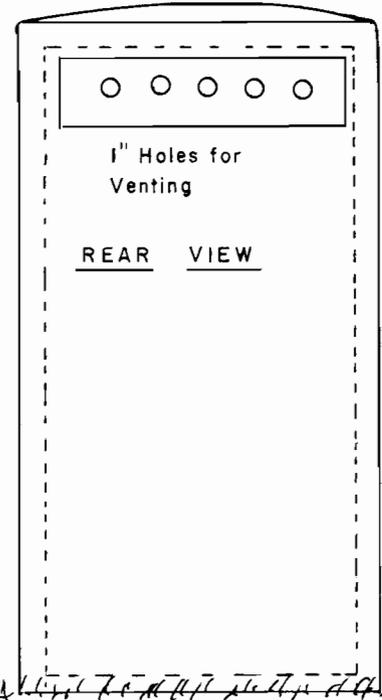
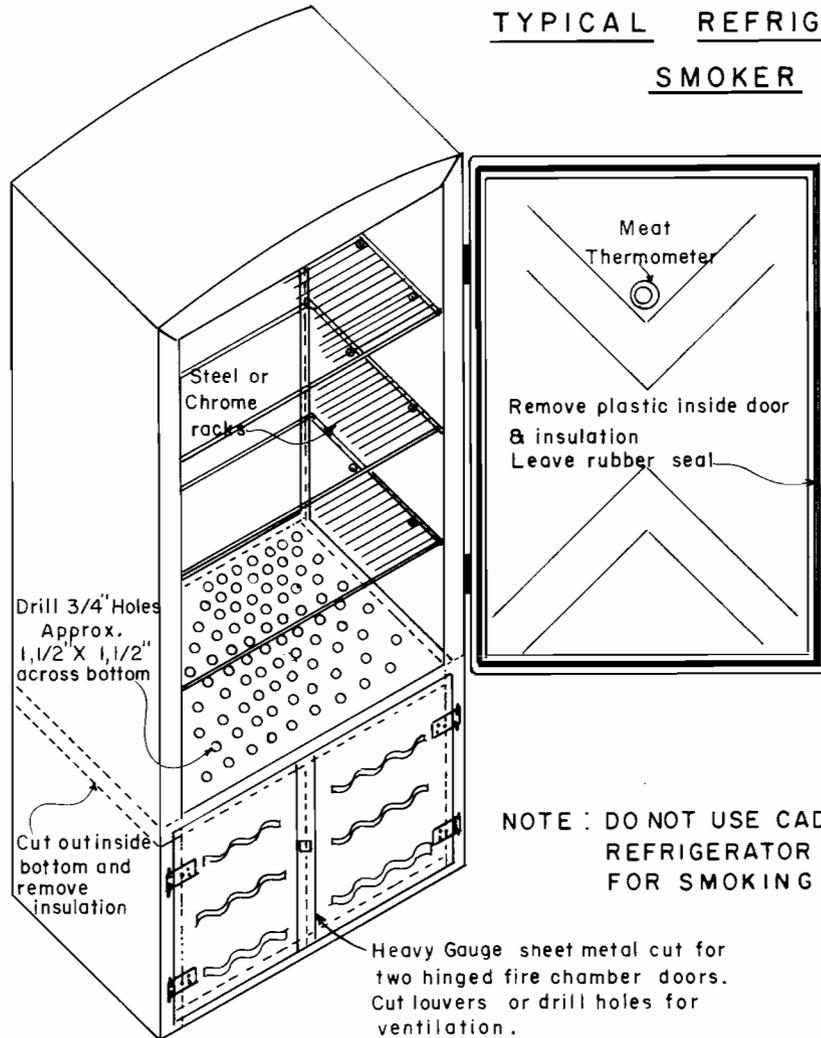
Start with an old refrigerator, preferably one with a storage bin on the bottom. Remove bin and discard. Remove any plastic inside and on the door with the exception of the rubber seal between the door and refrigerator. With a chisel or sabre saw, cut out the first inside bottom layer of the refrigerator. Remove the insulation. Now drill $\frac{5}{8}$ to $\frac{3}{4}$ inch holes spaced approximately $1\frac{1}{2}$ inches apart across the entire second layer of metal. After drilling holes, remove the motor and light fixtures from the refrigerator.

Then obtain some fairly heavy gauge sheet metal (not aluminum). Cut to size, two hinged fire chamber doors in place of the storage bin. (See diagram.) Before mounting on hinges, cut louvers in them or drill a few holes for ventilation. Hinge the doors to bottom of the refrigerator.

Drill holes in the side walls of the smoking compartment for screws to hold racks securely. Then drill 5 holes, 1 inch in diameter, in the rear of the refrigerator for venting. Then fire it up for several hours to break it in — just like a new corn-cob pipe.

Note: Commercial smokers are also available through your local sporting goods store that are reported to do an excellent job of smoking small amounts of fish.

TYPICAL REFRIGERATOR
SMOKER



NOTE : DO NOT USE CADMIUM COATED REFRIGERATOR SHELVES FOR SMOKING RACKS.

Brining

Now comes one of the most important parts of smoking the fish — the curing with brine.

Use: 1 c. coarse canning salt (enough to float an egg) and ¼ c. brown sugar to each gallon of water, or use a commercial product such as Morton's Sugar Cure, following directions on package.

Marinate fish in cold brine as follows:

12-inch fish — 2 hours

Larger fish, halves or chunks — 3 hours

Smelt — no more than ½ hour

Retaining fish for a longer period may result in an excessively salty fish. Remove fish from the brine and damp dry with a towel. The pieces of fish should then be air dried uncovered in the refrigerator overnight so that they form a "skin" or a pellicle.

Then remove the fish and rub inside and out with a good vegetable oil. Place on smoker racks skin-side (not pellicle side) down, putting larger fish on lower racks.

Cut maple, hickory or apple wood (3-6 inches in diameter) and split. If wood is dry, soak in water a few hours. (Some people use corncobs as the source of heat and smoke.) To start fire, place 15-20 lighted charcoal briquets in fire compartment and lay wood on top. If wood starts to flame, douse with water, so watch closely. Keep doors closed to prevent over-drafting.

Keep inside temperature to 200 degrees or below. A meat thermometer can be mounted on the outside of the smoker to monitor the inside temperature. Just drill proper size hole and insert thermometer into smoke chamber.

Watch fish closely and drain occasionally. If they become dry, wipe them with more oil. Figure on 4-6 hours of smoking. When oil stops draining from fish, remove and skin one to see that fish is at **your** desired moisture level. Watch closely — do not let fish completely dry out. After smoking fish a few times, it will become easier and your fish will turn out better each time.

A hot plate, cast-iron skillet and wood chips or sawdust may be used in this smoker and the heat can be carefully controlled.

Of course, most city dwellers haven't the space, or may be confronted with regulations preventing large-scale home smoking operations. At the same time, many people have high grade, covered barbecue kettles that do a nice job of smoking fish.

Our first recipe was supplied by *Lynn Frederick of Sister Bay, Wisconsin, and was obtained from Ernie Radke of Fox Lake, Wisconsin:*

Barbecue Kettle Smoked Fish

1½ c. salt
¾ c. brown sugar
2 bay leaves
¼ tsp. pepper
1 qt. water

Brine bullheads and trout chunks overnight. Brining others will vary with species. Then rinse and let air dry to form pellicle.

Put 12-14 briquets on charcoal rack and get them burning well. Then leave only 2 bottom vents open. Pile on hickory or apple twigs. Put fish on cooking rack and cover. Leave one top vent open enough so that a thin stream of smoke comes out. When smoke stops, add more green wood. Control smoking temperature by opening or closing bottom vents. This will depend on wind. Be sure to put the internal fish temperature above 215°F for 30 consecutive minutes. It's usually best to smoke at 180°F or so, and then heat to 215°F at end of smoking period. Larger pieces of fatty fish require about 8 hours, and smaller fish 4-6 hours.

Howie and Joan Wenzel of Oshkosh, Wisconsin, supplied another recipe for smoked fish on the covered barbecue grill that's really a good idea.

3 fleeced (see previous explanation, page 16)
carp, filleted, leaving skin on
1½ pt. salt to 1 gallon water
Lemon pepper
Accent
Liquid smoke (available in grocery stores or
outdoor outfitters)

Add salt to water to make brine (mixture will float an egg when proper consistency is reached). Soak fillets in brine for 3 hours. Freshen in clear water and dry with paper toweling. Let air dry to form pellicle. Use indirect method by placing 12 burning briquets of charcoal on each side, but not directly under the fish. Place fillets skin side down on grill over a drip pan. Brush fillets liberally with liquid smoke. Apply lemon pepper and Accent to taste. Cook one hour and 20 to 30 minutes. Allow coals to burn out and carp to cool on grill. May be eaten hot or cold, for a surprisingly tasty treat.

And that's how you smoke fish. Don't forget that rough fish, especially carp, suckers and freshwater drum are among the best of all smoked fishes. You're missing a real gourmet treat if you don't try them. *Bill Sloey of Oshkosh, Wisconsin*, also points out that excess chunks of smoked fish can be wrapped and individually frozen to enjoy at a later date.

STEAMING AND POACHING

Among the lesser known methods of cooking fish, except among true gourmet cooks, are steaming and poaching.

The classic method of preparing fish by poaching is to drop the fish steaks — and that includes the rough fishes such as carp, buffalo, freshwater drum and burbot — into Court Bouillon. The recipe was graciously donated by *Chef Louis Szathmáry*:

Court Bouillon

2 qts. water
½ c. strong white vinegar
1 large sliced onion
1 sliced carrot
3 sprigs of parsley
2 bay leaves
½ tsp. thyme
8- 10 peppercorns
1 tbsp. salt
Handful celery tops

Add ingredients to water and bring to boil and simmer for 1 hour. Strain the bouillon and use it to poach the fish. Never put the fish steaks into boiling Court Bouillon. The liquid should be just warm. A one-inch thick fish steak cooks to perfection in 12-15 minutes from the time the bouillon starts to simmer. After the steak is cooked, set it aside in a warm place for 5 minutes so the fish becomes firm. Serve with Bechamel sauce.

Chicken Stock Bechamel

¼ c. butter
2 tbsp. flour
1 tbsp. cornstarch
1 c. light cream
10½ oz. can chicken stock
Salt and white pepper
Anchovy paste
Capers

Use heavy-bottomed saucepan. Heat butter over medium heat until it starts to foam. Dissolve flour and cornstarch in the light cream, mixing well. Add to foaming butter, stirring constantly until thickened. Adjust heat so it doesn't scorch. Stir in chicken broth and cook for 5 minutes over low heat. Strain and keep warm until ready to serve. Chef's secret: If the chicken stock is not strong enough, add half of a chicken bouillon cube and a very small amount of celery seed. For an exceptional Bechamel, add ½ to one cup whipping cream, stiffly whipped with a pinch of salt. For fish, add 1 tbsp. anchovy paste and 1 tbsp. rinsed capers to sauce before serving. (Always rinse capers under cold water to rid chemical taste.)

Steamed fish can be prepared in steaming pans specifically designed for the purpose. Recent articles on gourmet cooking indicate French chefs regularly prepare steamed fish over water perfumed with pine needles, wild mint and other herbs. Apparently, only your imagination limits the seasonings that can be used.

Wisconsin newspaper writer *Don Johnson*, in his series of articles entitled "Alaska Alone" which chronicled a trip alone through the Alaska wilderness, notes that he prepared delicate steamed fish by scaling and filleting, and after lightly salting, placing the fish in a covered skillet with a splash of water. He used no grease. In ten minutes the fish was steamed to perfection. He says, "Delicious! I could have lived on them for a month."

Mr. John Verachtert of Batavia, Illinois, supplies the following tasty recipe for:

Steamed Freshwater Drum (sheepshead)

2 c. water
½ c. celery, diced
¼ c. onion, chopped
⅛ tsp. garlic powder
1 bay leaf

Mix all ingredients and bring to a boil. Place cut up fish fillets on steam rack and cover. Let simmer for about 15 minutes, until fish flake. Serve with buttered toast and tartar sauce. Vegetables used may be added to a can of soup for added flavor. Suckers and carp are also delicious prepared with this recipe.

Steamed Carp

Whole carp or cut in pieces
Salt

Skin and clean fish as for boiling. Place fish on an oiled steamer rack sprinkled liberally with salt. Cover with a tight lid and steam over boiling water. Allow 10 minutes per pound for whole fish; small pieces will steam in 10-20 minutes according to thickness. Always serve a rich sauce with boiled or steamed carp. Drawn butter or Bechamel and caper sauce are recommended.

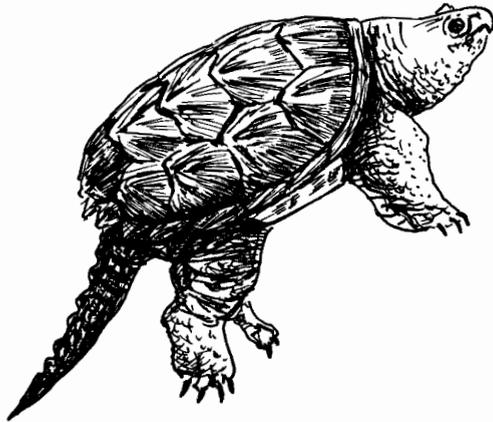
Donated By: Mrs. E. Jaroch, Tomahawk, Wis.

Intriguing recipes, all of them, and we hope that they will stimulate you into trying some of the fish you've previously wasted. Bear in mind one thing — that freshwater drum, carp, suckers, burbot and other rough fish eat exactly the same foods as perch, walleye, sauger and panfishes. If rough fish are scavengers, so are the game fish you presently eat. There is not logical reason why rough fish should not be eaten except for the "Y" bones, and methods to solve that problem have been supplied in this booklet. We hope you'll start using these recipes to enrich your menu.

TURTLE AND CRAYFISH RECIPES

While not rough fish, two other animals — snapping turtles and crayfish — which are present in Wisconsin and other states are often overlooked as food items. Information on preparation and cooking is being supplied to you in hopes that you will give them a try also.

TURTLES



Are caught in a variety of ways — with traps, dip nets and by hand — while they migrate from one body of water to another. In Wisconsin, at present, all turtles, other than ornate box and wood turtles, may be legally taken by persons holding a small game license. The season presently is open continuously and turtles may be taken by hooking, trapping or by hand. Each person is urged to check the laws before taking turtles as regulations are subject to change.

To most people, catching a turtle is like having a bear by the tail: Now that you've got him, what do you do with him?

There are several schools of thought on how to dress out a turtle. Both start with butchering. The best method by far is to use a small hatchet with the cutting edge on one side and a blunt end opposite. Most people that butcher turtles have a chopping block of a piece of tree trunk. The turtle is picked up by the tail and placed on the chopping block. Usually the head is pulled into the shell. The turtle is butchered with three quick blows of the hatchet. The first two blows are with the blunt edge — one blow on the back causing the turtle to stick out his head, the second on the top of the head to stun the turtle and on the third blow the hatchet is reversed to cut off the head. The turtle is then allowed to bleed.

Many people that dress out turtles have a board with a large spike driven through, at an approximate 10 degree angle away from the

person. The spike should extend at least 4-5 inches above the board.

After the turtle is beheaded and bled, it is impaled on the spike, back down. The turtle can be spun around on the spike. First the claws are cut off. Then a sharp knife is used to cut the skin away from the top and bottom shells. The bottom shell, or plastron is cut off, then the skin around the legs is split and pulled off with a claw-type pair of pliers. A curved tire iron is sharpened to remove the backbone with the meat from the shell, otherwise it is laboriously cut away from the shell.

Another method is to take the butchered turtle, drop it in boiling water (shell and all) for 5-10 minutes. Then, with a stiff scrub brush, really scrub the turtle, shell and all until it becomes white. Butcher as previously explained.

Turtle is delicious if prepared properly. I have never found a method to compare to:

Fried Turtle

Turtle cut in pieces
Beaten egg
Bread crumbs

Dry the pieces of turtle which have been cut into small size at the various joints. Dip in scrambled egg mixture and roll in bread crumbs. In a dutch oven, or covered electric frying pan with hot oil covering the bottom at 400° F, sear the turtle so that it is brown on both sides. Then turn the heat down to 275° F and let simmer gently with the cover on for 3 hours. It will melt in your mouth. Some turtle catchers and eaters recommend par-boiling before other methods of cooking.

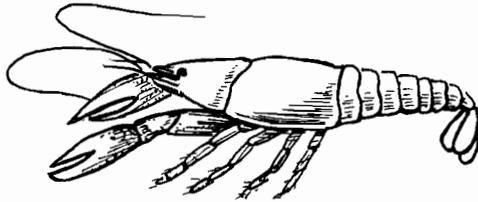
The turtle can also be par-boiled, with the broth used with the meat and your own personal selection of vegetables to make a soup or stew. The addition of pearl barley to turtle soup is considered to be a "must". So let your imagination be your guide. You'll find that any way you prepare it, turtle is an exceptionally tasty meal.

CRAYFISH

Wisconsin waters swarm in many locations with crayfish, crawdads, crabs or whatever you chose to call them. We recognize them as tasty morsels you can catch and eat.

Presently, Wisconsin laws allow the taking of crayfish by hand, by trap and with minnow seines and dip nets. Little kids have always caught them on a piece of raw liver tied to a string. Whatever your method, be certain to check the laws when you start catching crayfish, because regulations are subject to change from year to year.

Dave Ives, Area Fish Manager for the Department of Natural Resources at Hayward, Wisconsin, submitted the design for a crayfish trap that you may find useful.

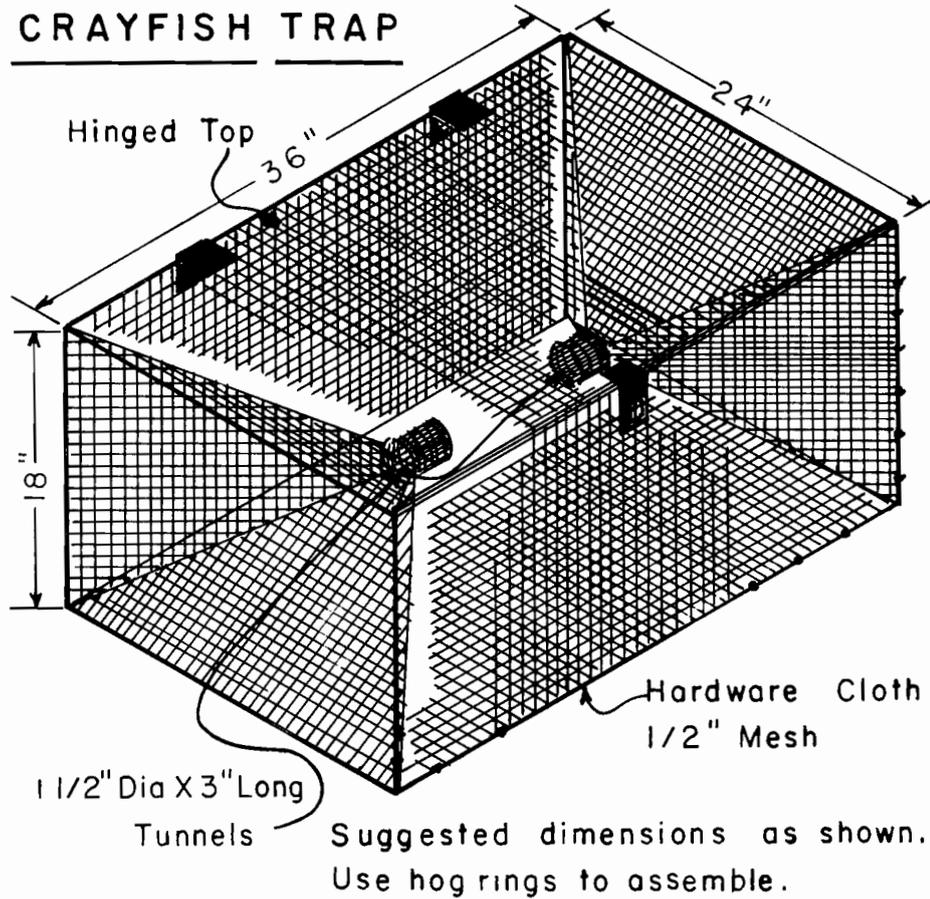


Many crayfish catchers prefer to walk along solid shorelines of lakes or streams at night, using a miner's light attached to their head and a pail in one hand. The light catches and paralyzes the crayfish away from their homes and they can be easily picked up without harm by pinching the back or carapace with the thumb and forefinger. And into the pail they go! After you catch a hundred — and select only the biggest ones — take them home and drop them live into a pot of boiling salted water flavored with caraway seed. The boiling water kills them instantly. When they turn red, the miniature freshwater “lobsters” are properly cooked.

Break the tail off from the rest of the body. Grab hold of the middle portion of the tail and pull; the intestinal tract will come with it. Shell or shuck the tail and eat the meat. After awhile you'll also start checking the biggest claws for their meat and you'll wish you'd caught more.

Dave Ives, DNR, Hayward, Wisconsin, also suggests that the meats from crayfish tails can be dipped in melted butter flavored with lemon juice and just a hint of mint. Or, to get the famous flavor of the traditional Louisiana “crab boil”, make your own mixture consisting of ½ cup salt to a gallon of water, and a blended to your own taste amount of mustard seed, red cayenne pepper, black pepper, laurel (bay) leaves, allspice and cloves. Boil this together with a peeled onion, two toes of garlic and a quarter of a lemon. You don't get any pungent tastes. Just the good, mouth watering flavor of southern cooked crawdads.

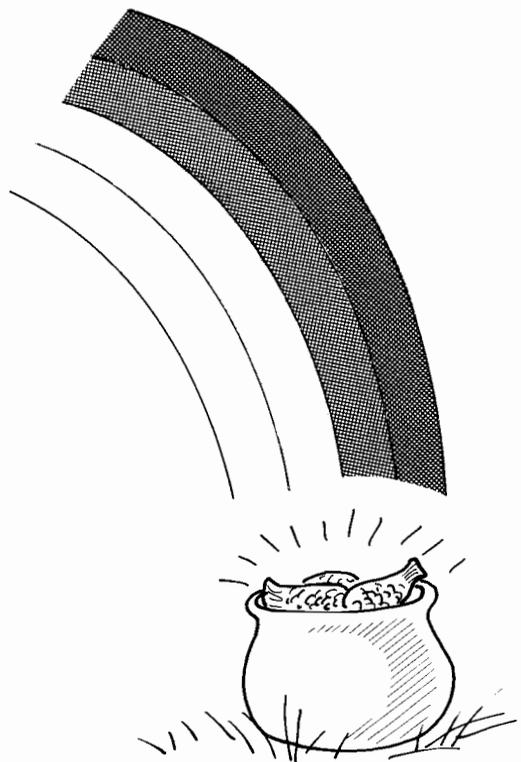
CRAYFISH TRAP



WISCONSIN REGULATIONS REQUIRE THAT NAME AND ADDRESS MUST BE ATTACHED TO TRAP. TRAP MUST BE LIFTED AT LEAST ONCE EVERY EVERY 24 HOURS.

Bait with fresh fish chunks or fish heads.

CONSULT FISH, SPEARING AND NETTING REGULATIONS PAMPHLET FOR RESTRICTIONS ON USE.



SUMMARY

This booklet is designed to acquaint you with fish and other aquatic animals that, when properly prepared, make excellent eating. It is our hope that the information, different cooking methods and the recipes presented here will stimulate you to make regular use of them.

If you have comments relating to this booklet, or suggestions how to improve it, please forward them to:

Bureau of Fish Management
Department of Natural Resources
Box 7921
Madison, Wisconsin 53707

ACKNOWLEDGEMENTS

Grateful thanks are given to the many contributors of recipes and suggestions. The invaluable editorial advice supplied by Susan Nehls, Betty Les and Rosalie Schnick is recognized. The cover design and layout work of the booklet is the result of the artistic talent of Georgine Price. Typing of the rough drafts by Annette Praninskas and the final copy by Lyndell Wilke is much appreciated. Eugene Eaton assisted with his fine drawings of the refrigerator smoker and crayfish trap.

DNR Photos By Dean Tvedt – pages 25, 31, 34

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