Preparing and Preserving Oklahoma Fish
# Preparing and Preserving Fish Index

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Freezing Fish

Fish should be frozen quickly at 0°F or below. Don’t overload the freezer when freezing fish or it will freeze more slowly, giving lower quality fish when thawed and prepared for eating.

PRETREATING — Fish are categorized as either fat or lean fish, by the amount of fat in their flesh. “Fat fish” includes varieties such as mullet, mackerel, trout, tuna and salmon. “Lean fish” includes flounder, cod, whiting, redfish, croaker, snapper, grouper, and most freshwater fish.

Before freezing, fish can be pretreated to improve the quality of the stored fish. Fat fish should be dipped for 20 seconds in an ascorbic acid solution made from 2 tablespoons crystalline ascorbic acid to one quart of cold water to control rancidity and flavor change. Lean fish may be dipped for 20 seconds in a brine of 1/4 cup salt to 1 quart of cold water to firm the fish and to decrease drip loss from thawing.

PACKAGING — Fish may be frozen using either of the following methods. If several fish are placed in the same package, place freezer paper or wrap between them for easier separation.

Ice Glaze — Place unwrapped fish in the freezer to freeze. As soon as it is frozen, dip fish in near-freezing ice water. Place fish again in the freezer a few minutes to harden the glaze. Take fish out, and repeat the glazing until a uniform cover of ice is formed. Wrap the fish in moisture-vapor resistant paper or place in freezer bags, label and freeze.

Water — Place fish in a shallow metal, foil or plastic pan; cover with water and freeze. To prevent evaporation of the ice, wrap the container in freezer paper after it is frozen, label and freeze. Freezing fish in a block of ice will produce a poorer quality product than using the glaze method.

LABELING PACKAGES — Label packages with the type of fish, amount and the date. Keeping an inventory will help ensure frozen fish is used while still at its best in eating quality and nutrition. Properly prepared and wrapped fish should maintain quality for 3 to 6 months when stored at 0°F.
Creole Stuffed Fillets

1 medium onion, diced
1 medium red bell pepper, diced
2 medium ribs of celery, thinly sliced
1/4 cup snipped fresh parsley
2 medium garlic cloves, minced
2-1/2 cups water

8-ounce box jambalaya mix with seasoning packet
2 white fish fillets (about 8 ounces each)
1 teaspoon Cajun or Creole seasoning blend

Heat medium saucepan over medium high heat. Remove from heat and lightly spray with nonstick vegetable spray. Cook onion, bell pepper, celery, parsley and garlic 3 to 4 minutes, until tender, stirring occasionally.

Add water. Bring to simmer, stirring occasionally. Stir in jambalaya mix with seasoning. Reduce heat, simmer, covered 20-25 minutes until rice is tender, without stirring.

Measure 2 cups jambalaya mixture and set aside. Cover and refrigerate remaining mixture for another use.

Preheat oven to 400°F. Lightly spray an 8-inch square baking dish with nonstick vegetable spray.

Rinse fish and pat dry with paper towels. Cut each fillet in half lengthwise. Spoon 1/2 cup jambalaya mixture onto the middle of each fillet. Bring ends to the center to enclose filling. Place fillets with seam side down in baking dish. Lightly spray tops with nonstick vegetable spray. Sprinkle with Cajun or Creole seasoning blend.

Bake, covered, 15 minutes. Uncover, bake 5 minutes or until fish flakes easily when tested with a knife tip and filling is warmed through.

Yield: 4 servings

Nutrition information per serving: 202 calories; 2g fat; 24g protein; 22g carbohydrate; 3g dietary fiber; 54mg cholesterol; 456mg sodium

Remedy for Muddy Tasting Fish

Soak fish in buttermilk for one hour in the refrigerator. Rinse, pat dry and proceed with the recipe.
**Grilled Fish with Bean and Pineapple Salsa**

**Salsa**
1 cup drained canned black beans  
1 cup drained canned pinto beans  
1 cup finely diced fresh pineapple  
1/2 cup chopped fresh cilantro  
1 tablespoon olive oil  
3 tablespoons fresh lime juice  
2 tablespoons minced red onion  
1/2 teaspoon ground cumin  
1/8 teaspoon Kosher salt  
Dash of pepper

**Fish**
4 tilapia fillets (about 4 ounces each)

**Marinade**
3 tablespoons fresh lime juice  
1 tablespoon olive oil

Rinse and drain black and pinto beans. Stir together salsa ingredients. Cover and refrigerate 2 hours or longer.

Rinse fish and pat dry. Combine marinade ingredients in zip-top plastic bag. Add fish to marinade and turn to coat. Seal tightly and refrigerate on a plate 20 minutes to 2 hours, turning occasionally.

Preheat grill or a large nonstick skillet over high heat.

Discard marinade. Cook fish 3 minutes on each side until fish flakes when tested with the tip of a knife. Serve topped with salsa.

**Yield:** 4 servings.

Nutrition information per serving: 328 calories; 11g fat; 28g protein; 29g carbohydrate; 6g dietary fiber; 68mg cholesterol; 627mg sodium

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**10 Minute Cooking Rule for Fish**

The rule works for all methods of fish cookery except deep frying and microwaving.

To use the 10 Minute Rule follow these steps:

1. Measure the fish at its thickest point.
2. Bake at 450°F for 10 minutes per inch of thickness. For example, a 1-inch thick fillet will bake for 10 minutes, a 1/2-inch thick fillet will bake for 5 minutes. If the fish measures less than 1/2-inch thick it should not be turned during cooking.
3. Add an additional 5 minutes of cooking time when cooking in foil or a sauce.
4. Double the cooking time when cooking fish that is still frozen.
Baked Fillets

1 pound freshwater fish fillets
2 tablespoons reduced fat mayonnaise
1 tablespoon Dijon mustard
4 tablespoons plain dried bread crumbs
4 tablespoons chopped pecans

Preheat oven to 425°F. Line a rimmed baking pan with foil. Spray foil with nonstick
cooking spray.

Lay fillets on prepared pan.

Mix together mayonnaise and mustard. Spread evenly over fillets. Sprinkle with bread
 crumbs and top with pecans.

Bake 10 to 12 minutes or until fish is opaque and just flakes with a knife tip.

Yield: 5 servings

Nutrition information per serving: 204 calories; 10g fat; 20g protein; 8g carbohydrate;
1g dietary fiber; 69mg cholesterol; 191mg sodium

Testing for Doneness

For fish fillets, check for doneness by inserting a knife tip or fork at an angle
into the thickest portion of the fish and gently parting the meat. When it is
opaque and flakes into sections, it is cooked completely.

Fish can be tested for doneness with a food thermometer. It is done when it
reaches 145°F in the thickest part.

Overcooked fish loses its flavor and becomes tough.

Whole fish or steaks are done when the flesh is opaque and is easily removed
from the bones. The juices in cooked fish are milky white.
Rinse fish and pat dry.

In large shallow bowl, stir together buttermilk and lemon pepper. Dip fish in buttermilk, turning to coat. Let fillets soak 10 minutes at room temperature or up to 4 hours covered in refrigerator.

In medium shallow bowl, stir together flour and cornmeal. Remove one fillet from buttermilk. Coat on both sides with cornmeal mixture, shaking off excess. Place fillet on flat work surface. Repeat with remaining fillets.

Heat large nonstick skillet over medium high heat. Remove from heat and lightly spray with nonstick vegetable spray. Pour oil into skillet and swirl to coat. Cook fillets for 4 to 5 minutes or until browned on one side. Remove pan from heat and lightly spray tops of the fillets with nonstick vegetable spray. Turn the fillets. Cook for 4 to 5 minutes or until the fish is golden brown and just flakes when tested with tip of a knife.

Yield: 4 servings

Nutrition information per servings: 182 calories; 5g fat; 21g protein; 13g carbohydrate; 2g dietary fiber; 66mg cholesterol; 108mg sodium
Fish Tacos with Salsa

Salsa
1 medium tomato, finely chopped (3/4 cup)
1/2 medium avocado, chopped
1/2 medium green bell pepper, finely chopped
1/3 cup chopped fresh cilantro
1/4 cup chopped onion
1 tablespoon fresh lime juice
1/4 teaspoon Kosher salt

Tacos
4 mild thin fish fillets (about 4 ounces each)
1/2 teaspoon ground cumin
1/8 teaspoon Kosher salt
1/4 teaspoon paprika
4 8-inch flour tortillas
2 cups shredded lettuce

In a medium bowl, combine salsa ingredients. Set aside.

To prepare tacos, rinse fish fillets and pat dry. Sprinkle fish with cumin, salt, and paprika.

Heat a 12-inch nonstick skillet over medium high heat. Remove from heat and spray with nonstick vegetable spray. Add fish to skillet. Lightly spray fish with nonstick vegetable spray. Return skillet to heat and cook 3 minutes on each side, until fish just flakes when tested with the tip of a knife.

Meanwhile, warm the tortillas using package directions.

To serve, top each tortilla with lettuce, fish and salsa.

Yield: 4 servings

Nutrition information per serving: 374 calories; 14g fat; 27g protein; 34g carbohydrate; 4g dietary fiber; 68mg cholesterol; 478mg sodium

Storage Time for Fresh Fish

Put fish on ice or in the refrigerator or freezer soon after catching or buying it, using these guidelines for safe storage:

► If fish will be used within two days, store it in the refrigerator.
► If fish won't be used within two days, store it in the freezer.
Peppered Fish Chowder

2 medium red potatoes  
1-1/2 cups water, divided  
1 teaspoon salt, divided  
3 slices peppered bacon cut in 1/2-inch pieces  
1 small onion, chopped  
2 garlic cloves, pressed

3 tablespoons all-purpose flour  
2 cups clam juice  
1 teaspoon coarsely ground black pepper  
1 pound tilapia fillets  
1/4 cup chopped fresh parsley  
1/2 cup half and half

Dice potatoes. Place potatoes, 1/2 cup water and 1/2 teaspoon salt into a microwave safe bowl. Cover; microwave on HIGH 6-8 minutes or until tender. Remove from microwave; do not drain.

Place bacon into 4-quart saucepan. Cook over medium heat 5 to 7 minutes or until crisp. Remove half the bacon and set aside.

Add onion and garlic to remaining bacon in saucepan. Cook 2 to 3 minutes or until onion is tender. Add flour and cook 1 minute, stirring constantly. Slowly add clam juice, potatoes with cooking water, remaining 1 cup water, remaining 1/2 teaspoon salt and black pepper; bring to a boil over medium-high heat. Reduce heat to medium and simmer 3 to 5 minutes.

If dark reddish vein is present down length of center of fish, carefully remove it using a boning knife. Cut fish into 3/4-inch pieces and add to pan. Cook 1 to 2 minutes, until fish is opaque throughout and just flakes when tested with the tip of a knife.

Remove soup from heat. Stir in half and half and parsley and ladle into bowls. Top each serving with reserved bacon pieces. Serve with hot sauce, if desired.

Yield: 4 servings

Nutrition information per serving: 288 calories; 13g fat; 26g protein; 16g carbohydrate; 2g dietary fiber; 87mg cholesterol; 945mg sodium
Tater-Topped Baked Fish

1 package (16 ounces) frozen broccoli, carrots and cauliflower vegetable blend 2 cups shredded sharp cheddar cheese, divided
1 pound tilapia fillets (about 4 fillets) 1/8 teaspoon ground black pepper
1 can (10-3/4 ounces) condensed cream of celery soup 3 cups frozen shredded potato nuggets
1/4 cup fat free milk 2 tablespoons chopped fresh parsley

Preheat oven to 425°F. Microwave vegetables according to package directions. Drain well and lightly pat dry with paper towels.
Place vegetables in 11 cup baking dish treated with nonstick vegetable spray. Top with fish fillets. In medium bowl, combine soup, 1 cup cheese, milk and black pepper; mix well using a whisk. Spoon over fish.
Top with potato nuggets. Bake 20 minutes; sprinkle with remaining 1 cup cheese. Bake 5 minutes or until cheese is melted and sauce is bubbly. Sprinkle with parsley.

Yield: 4 servings

Nutrition information per serving: 540 calories; 24g fat; 1430mg sodium

Buttermilk Crappie

1 pound crappie fillets 1/2 cup flour
1 cup buttermilk 1/2 cup yellow cornmeal
Vegetable oil for cooking

Cut crappie fillets into strips about the size and width of your little finger. Place in a glass pan and cover with buttermilk; let sit in refrigerator 2 hours. Remove fish strips from buttermilk and drain, allowing some buttermilk to adhere to fish. Combine flour and cornmeal in pie plate. Roll pieces of fish in flour mixture. Heat 2 inches of cooking oil in pan and heat to 375°F. Add fish in batches and cook until fish is golden brown, 2 to 3 minutes and just flakes when tested with the tip of a knife. Return oil to 375°F before adding next batch of fish. Drain the fish on paper towels and serve hot.

Yield: 4 servings

Nutrition information per serving: 300 calories; 12g fat; 15g protein; 17g carbohydrate; 1g dietary fiber; 34mg cholesterol; 100mg
Fish Packets

1 medium onion, sliced  4 firm, white fish fillets (about 4 ounces each)
1 large green bell pepper, sliced  Olive oil in mister, about 1 teaspoon, or
1 large zucchini, sliced (about 2 cups)  olive oil nonstick spray
1 garlic clove, pressed  1/4 teaspoon salt
1 can (14-1/2 ounces) Italian-seasoned  1/8 teaspoon ground black pepper
diced tomatoes, undrained

Prepare grill for cooking at medium temperature. Slice onion, bell pepper and zucchini. Mix together pressed garlic and tomatoes.

Cut four 18 x 12-inch pieces of heavy-duty aluminum foil. Place a fourth of the onion, bell pepper and zucchini slices in center of each piece of foil. Spoon 1/4 cup tomato mixture over vegetables; top with 1 fish fillet. Spray fish fillets with olive oil. Sprinkle with salt and black pepper.

Top each fish fillet with 1 tablespoon of the remaining tomato mixture and 3 olives, sliced. Fold foil over fish and vegetables; double fold edges to seal, leaving room for steam inside each packet.

Place packets on grid of grill. Grill 18-22 minutes or until fish just flakes when tested with the tip of a knife. Remove packets from grill, open packets carefully to allow steam to escape.

Yield: 4 servings

Nutrition information per serving: 176 calories; 3g fat; 22g protein; 13g carbohydrate; 4g dietary fiber; 49mg cholesterol; 539mg sodium

Menu Suggestion

Complement this flavorful fish with cooked couscous, a tiny granulated pasta. Plain or flavored, packaged couscous can be found in the rice or pasta section of your supermarket.
Stuffed Trout

1 package (4 ounces) uncooked wild rice (2/3 cup)
1/4 cup slivered almonds
1/2 cup onion, chopped
1/2 cup celery, chopped
1 tablespoon celery vegetable oil

1 orange
2 tablespoons fresh parsley, snipped
1 teaspoon salt, divided
1/4 teaspoon ground black pepper, divided
4 whole trout, cleaned (8-10 ounces each)
1 tablespoon unsalted butter, softened

In a 1-1/2 qt. saucepan prepare rice according to package directions except omit salt.

Meanwhile, toast almonds in 10-inch skillet over medium-high heat 3-5 minutes, stirring frequently. Remove from pan; cool. Chop almonds and mix with rice. Cook onion and celery in vegetable oil in skillet over medium heat 2-3 minutes or until crisp-tender. Add to rice. Zest orange to measure 2 teaspoons zest. Squeeze orange to measure 1/4 cup juice; reserve 1 tablespoon. Add remaining 3 tablespoons of orange juice, zest, parsley, 1/2 teaspoon salt and 1/8 teaspoon black pepper to rice; mix well.

Preheat oven to 350°F. Lightly spray 15 1/2” x 10” pan with nonstick vegetable spray. Rinse trout; pat inside and outside dry. Lightly sprinkle 1/2 teaspoon salt and 1/8 teaspoon pepper over inside cavities; drizzle with reserved 1 tablespoon juice. Stuff each trout with rice mixture (about 2/3 cup). Arrange trout on pan; surround trout with any remaining rice.

Tear off sheet 11 inches long of parchment paper and lightly butter one side. Place buttered side of paper loosely over fish. Bake 25 minutes or until fish just flakes when tested with the tip of a knife.

Yield: 4 servings

Nutrition information per serving: 540 calories; 24g fat; 54g protein; 27g carbohydrate; 3g dietary fiber; 132mg cholesterol; 669mg sodium

Cook’s Tips

► A buttered parchment paper “cover” bastes fish and keeps it moist while baking.

► Most trout available at fish counters is farm-raised. Trout has a mild, nutty flavor and tender flesh. When buying whole trout, look for bright, clear eyes and skin that is shiny and moist. Store trout by wrapping tightly and placing in the coldest part of your refrigerator. Use within two days or freeze.
Fish Reuben Sandwiches

1/2 cup milk 8 slices pumpernickel bread
1/2 cup plain bread crumbs 4 (1 ounce) slices Swiss cheese
4 (5 ounces) firm-textured white fish fillets 3/4 cup sauerkraut, rinsed and drained
3 tablespoons cooking oil 1/2 cup purchased Thousand Island salad dressing
2 tablespoons unsalted butter, softened

Place milk in a shallow bowl; place bread crumbs on shallow plate. Dip fish fillets in milk; coat with bread crumbs. Heat oil in large nonstick skillet over medium-high heat until hot. Add fish; cook 6 to 10 minutes or until fish just flakes when tested with the tip of a knife, turning once. Remove fish from skillet; drain on paper towel and place on plate. Drain and discard oil from skillet.

Spread butter on one side of each slice of bread; place 4 slices, buttered side down, on work surface. Top each with cheese slice and fish fillet. Top each with sauerkraut and salad dressing. Cover with remaining slices of bread buttered side up. Heat same large nonstick skillet over medium-low heat until hot. Add sandwiches; cook 6 to 8 minutes or until bread is browned and cheese is melted, turning once.

Yield: 4 servings

Nutrition information per serving: 722 calories; 40g fat; 42g protein; 49g carbohydrate; 6g dietary fiber; 115mg cholesterol; 1223mg sodium

**SUBSTITUTING FISH**

**LEAN**
- Barramundi
- Cod
- Scrod (a small cod)
- Flounder
- Grouper
- Haddock
- Halibut
- Mahi-mahi
- Ocean Perch
- Orange Roughy
- Pollock
- Red Snapper
- Sea Bass
- Sole
- Tilapia
- Tilefish
- Whiting

**MODERATELY OILY**
- Bluefish
- Catfish
- Rainbow Trout
- Striped Bass
- Swordfish
- Yellowfin Tuna

**OILY**
- Bluefin Tuna
- Herring
- Lake Trout
- Mackerel
- Pompano
- Salmon
- Shad
- Shark
- Whitefish
Quick Coatings for 6 Fish Fillets

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<tr>
<th>Italian Parmesan Seasoned Coating</th>
<th>Seasoned Potato Flake Coating</th>
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<tr>
<td>1 cup cornmeal</td>
<td>1-1/2 cups potato flakes</td>
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<tr>
<td>1/2 cup grated Parmesan cheese</td>
<td>1 teaspoon seasoned salt</td>
</tr>
<tr>
<td>2 tablespoons dried Italian seasoning</td>
<td>1/2 teaspoon paprika</td>
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<tr>
<td>2 teaspoons garlic powder</td>
<td>1/4 teaspoon garlic powder</td>
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<tr>
<td>In medium bowl, combine all ingredients; mix well. Store in refrigerator. Yields 1-1/2 cups</td>
<td>1/4 teaspoon pepper</td>
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<thead>
<tr>
<th>Cajun Seasoned Coating</th>
<th>Dill Seasoned Coating</th>
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<tr>
<td>1 cup corn flake crumbs</td>
<td>1 cup plain bread crumbs</td>
</tr>
<tr>
<td>2 tablespoons dried Cajun seasoning</td>
<td>1 tablespoons dried dill weed</td>
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<tr>
<td>1/4 teaspoon dried oregano leaves</td>
<td>3 teaspoons lemon pepper</td>
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<tr>
<td>In medium bowl, combine all ingredients; mix well. Yields 1 cup</td>
<td>1/4 teaspoon salt</td>
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In medium bowl, combine all ingredients; mix well. Yields 1-1/4 cups

To coat 6 4-ounce fish fillets: Dip fish in milk, then in seasoned coating. Place in baking dish. Preheat oven to 375°F. Bake fish 15 to 20 minutes or until fish just flakes when tested with the tip of a knife.

Yield: 6 (4 ounce) fish fillets

Pan Fried Paddlefish

| 1-1/2 pounds Paddlefish fillet (cut in 3-inch strips) | 1/4 cup corn meal |
| 2 large eggs | 1/2 teaspoon salt |
| 1/2 cup milk | 1/4 teaspoon black pepper |
| 1 cup all-purpose flour | 1 teaspoon Cajun seasoning |
| 1/4 cup cooking oil | |

Beat eggs and milk in a shallow bowl. Combine flour, corn meal, and seasonings in another shallow bowl, mix well. Heat cooking oil in heavy skillet on medium high heat. Dip fish strips in egg and milk mixture. Dredge in flour mixture. Place in hot skillet. Cook fish about 10 minutes, turning once. Fish should be browned on each side and just flake when tested the tip of a knife. Drain on paper towels. Yield: 6 servings

(Nutrition information per serving not available.)
Grilled Bacon Wrapped Striper

**Marinade:**
- 1/2 cup soy sauce
- 1/4 cup brown sugar
- 2 tablespoons Worcestershire sauce
- 1 tablespoon liquid smoke
- 2 garlic cloves, chopped
- 1/2 teaspoon seasoned salt
- 1/4 teaspoon pepper

**Additional ingredients:**
- 4 medium sized striper fillets, about 1 pound*
- 4 slices bacon

Preheat grill. Treat grill rack with nonstick vegetable spray. Mix all ingredients except fish and bacon in zip top bag. Add fillets. Marinade in refrigerator 2 hours or more. Lay one fillet on slice of bacon and roll, beginning at small end of fillet. Once wrapped, insert 2 toothpicks to secure bacon and the roll. Repeat with remaining fillets and bacon slices. Place striper rolls on grill rack over low coals. Grill until side is brown. Turn and cook other side until meat just flakes when tested with the tip of a knife. Remove toothpicks before serving.

Yield: 4 servings

*Striper meat is a very clean and very mild tasting fish. Always pull the "red meat" out before cooking and prior to freezing fillets to eliminate the strong fish flavor.

Nutrition information per serving of fish and bacon without marinade: 147 calories; 6g fat; 22g protein; trace carbohydrate; 0g dietary fiber; 96mg cholesterol; 179mg sodium

Baked Trout Fillets

- 1 pound trout fillets
- 1 cup sour cream
- 1/4 cup grated parmesan cheese
- 1 tablespoon fresh lemon juice
- 1 tablespoon finely chopped onion
- 1/2 teaspoon salt
- Paprika

Preheat oven to 350°F. Treat shallow baking dish with nonstick vegetable spray. Place fish in baking dish. Mix sour cream, parmesan cheese, lemon juice, onion, and salt in small bowl. Spoon sour cream mixture evenly over fillets. Sprinkle with paprika. Bake, uncovered, 20-25 minutes, until fish just flakes when tested with the tip of a knife.

Yield: 4 servings

Nutrition information per serving: 314 calories; 21g fat; 27g protein; 3g carbohydrate; trace dietary fiber; 95mg cholesterol; 441mg sodium
Striped Bass with Salsa Verde

1 lemon
1 whole cleaned striped bass (about 2 pounds)
1/2 cup extra-virgin olive oil
1/2 teaspoon Kosher salt
1/2 teaspoon freshly ground black pepper
1/2 cup chopped flat-leaf parsley leaves, stems reserved
2 tablespoons chopped tarragon leaves, stems reserved
3 inner ribs celery, halved crosswise
1/2 cup chopped celery leaves
1/4 cup capers, rinsed and chopped
1/4 cup crème fraîche
4 teaspoons Dijon mustard
6 green onions, white and light green parts only, thinly sliced
Large pinch of crushed red pepper flakes

Preheat oven to 400°F. Grate zest from lemon into a bowl. Halve lemon lengthwise. Squeeze juice from 1 half over zest; cut remaining half into thin half moons; set aside. Cut 2 angled crosswise slits on each side of fish, about halfway to bone and 2” apart. Rub fish with 2 tablespoons oil; season inside and out with salt and pepper. Place 1 lemon slice in each slit; put remaining slices into belly cavity with reserved stems of parsley and tarragon.

Coat a baking sheet with 1 tablespoon oil; arrange celery ribs on top to make a rack for fish. Drizzle with 2 tablespoons oil; top with fish. Bake 20–25 minutes until fish flakes when tested with the tip of a knife. Mix together reserved zest and juice, remaining oil, parsley, tarragon, celery leaves, capers, crème fraîche, mustard, green onions, red pepper flakes, salt and pepper in a bowl to make salsa verde. Discard celery ribs. Serve with salsa verde on the side.

Yield: 4 servings

Nutrition information per serving: 524 calories; 37g fat; 42g protein; 5g carbohydrate; 2g dietary fiber; 195mg cholesterol; 577mg sodium

Fish Grilled in Cornhusks

2 pounds fish filets
Fresh cornhusks
1/2 cup finely chopped green onion
1/4 cup melted unsalted butter
2 teaspoons lemon pepper
1/2 teaspoon garlic powder

Wash fresh cornhusks and pat dry with paper towel. Mix chopped green onion, melted butter, and seasonings in a small bowl. Place fish filets in cornhusks. Spoon seasoning mixture over filets. Fold husks securely around filets. Tie ends of husks with wet cooking string. Place on preheated grill. Cook for 12-15 minutes. Fish is done when it just flakes when tested with the tip of a knife.

Note: Recipe can be prepared by placing fish in foil packets instead of corn husks.

Yield: 6 servings

Nutrition information per serving: 217 calories; 12g fat; 25g protein; 1g carbohydrate; trace dietary fiber; 108mg cholesterol; 181mg sodium
**Easy Baked Crappie**

1 pound crappie fillets  
6 slices bacon  
1 medium onion, cut into rings  
1 tablespoon seafood seasoning (such as Old Bay Seafood Seasoning)  
1 tablespoon olive oil  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 cup shredded cheddar cheese  
2 tablespoons Parmesan cheese

Preheat oven to 400°F. Grease large shallow baking pan with olive oil. Salt and pepper fillets to taste and lay in pan in a layer. Cover fillets with slices of bacon. Place onion rings on top of bacon. Sprinkle with seafood seasoning. Cover with foil, shiny side toward food. Bake one hour, or until bacon is done. Remove dish from oven, uncover, top with cheeses and bake about 4 minutes more or until cheese is melted.

Yield: 4 servings

Nutrition information per serving: 246 calories; 14g fat; 27g protein; 3g carbohydrate; 1g dietary fiber; 72mg cholesterol; 617mg sodium

**Savory Tomato Fish Fillets**

1-3/4 cups fresh diced tomatoes or 1 can (14 ounces) diced tomatoes, drained  
1 pound fish fillets (any mild white meat fish, if frozen, thaw first)  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/4 cup dried bread crumbs  
2 tablespoons dried parsley  
2 tablespoons unsalted butter, melted  
2 cloves garlic, pressed

Preheat oven to 450°F. Spoon half the tomatoes into baking dish treated with nonstick vegetable spray. Arrange fish atop tomatoes. Sprinkle fish with salt and pepper. Spoon remaining tomatoes over fish. Combine bread crumbs, parsley, butter and pressed garlic. Sprinkle over fish. Bake until fish is opaque and just flakes when tested with the tip of a knife, about 20 minutes. Serve with rice and a green vegetable.

Yield: 4 servings

Nutrition information per serving: 192 calories; 7g fat; 22g protein; 9g carbohydrate; 1g dietary fiber; 64mg cholesterol; 397mg sodium
**Baked Fish with Creamy Dill Sauce**

<table>
<thead>
<tr>
<th>1 tablespoon unsalted butter</th>
<th>2 tablespoons minced onion</th>
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</thead>
<tbody>
<tr>
<td>1 pound mild flavored fish fillets*</td>
<td>2 teaspoons dried dill</td>
</tr>
<tr>
<td>1/2 cup sour cream</td>
<td>1/2 teaspoon salt</td>
</tr>
<tr>
<td>2 tablespoons unsalted butter, melted</td>
<td>1/2 teaspoon thyme</td>
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</tbody>
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Preheat oven to 425°F. Grease baking dish with 1 tablespoon butter. Place fish in baking dish. Combine sour cream, melted butter, onion, dill, salt, thyme and pepper. Spread over fish. Bake until sauce is bubbly and fish just flakes when tested with the tip of a knife (about 10 minutes per inch of thickness).

**Yield: 4 servings**

*Thaw frozen fillets ahead of time.

Nutrition information per serving: 252 calories; 17g fat; 22g protein; 2g carbohydrate; trace dietary fiber; 83mg cholesterol; 362mg sodium

**Cheesy Baked Fish**

Use whatever variety of Oklahoma fish available where you live. This recipe is a good choice when you need a quick meal. Cooking time will vary depending on the thickness and variety of fish. It's done when it is opaque and when it flakes easily with the tip of a knife.

<table>
<thead>
<tr>
<th>1/2 cup cheddar cheese, shredded</th>
<th>1/4 teaspoon nutmeg</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/3 cup dried bread crumbs</td>
<td>1/4 teaspoon pepper</td>
</tr>
<tr>
<td>1/2 teaspoon dried basil</td>
<td>1 pound firm fish fillets</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td>1 teaspoon fresh lemon juice</td>
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</tbody>
</table>

Preheat oven to 450°F. Treat a baking pan with nonstick vegetable spray. Combine cheese, bread crumbs, basil, nutmeg, salt and pepper. Spread half of crumb mixture evenly in prepared baking pan. Place fish atop crumbs. Sprinkle lemon juice over fish. Sprinkle the remaining crumbs evenly over the fish. Bake until fish just flakes when tested with the tip of a knife (about 10 minutes per inch of thickness).

**Yield: 4 servings**

Nutrition information per serving: 223 calories; 6g fat; 26g protein; 14g carbohydrate; 1g dietary fiber; 64mg cholesterol; 571mg sodium
**Fish Stock**

2 tablespoons dried parsley  
1 tablespoon dried thyme  
1 tablespoon dried marjoram  
2 bay leaves  
2 tablespoons dried celery leaves  
2-1/2 cups cold water  
1/2 cup chopped onions  
1/2 cup chopped carrots  
1/2 cup chopped celery  
6 whole peppercorns  
3 whole cloves  
1 inch strip of lemon rind  
2 tablespoons lemon juice  
1-1/2 pound cleaned fish bones, tails, skins, and heads with gills removed.

Combine all ingredients in a Dutch oven. Heat to simmering and simmer 10 to 15 minutes. Remove from heat. Skim scum and foam from surface. Strain stock, discarding solids, Stock may be used in soups or sauces.

**Yield: about 3 cups stock**

Nutrition information per serving not available.

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**Safely Thawing Frozen Fish**

There are 3 methods to safely thaw frozen fish:

- Thaw in the refrigerator overnight.
- Immerse, sealed, in cold water, keeping water cold by changing it every half hour. Cook immediately when thawed.
- Microwave thaw using the defrost setting. Stop while still fish is still icy and cook immediately.
**Trout Amandine**

2 whole (10 ounces) trout, field dressed, head removed if desired  
1/4 teaspoon pepper  
1/4 teaspoon salt  
1/4 cup all-purpose flour

3 tablespoons butter  
1/2 cup blanched slivered almonds  
2 tablespoons fresh lemon juice  
1 tablespoon chopped fresh parsley  
4 lemon slices, garnish, optional

Rinse and pat dry trout. Dredge in flour, then sprinkle with salt and pepper. Heat 2 tablespoons butter in a large skillet over medium heat until melted. Add trout and brown on both sides, cooking about 5 minutes per side. Add lemon juice during last few minutes of cooking on the second side. Continue cooking until fish just flakes when tested with the tip of a knife. Remove fish to serving plate and keep warm. Wipe out pan and add remaining tablespoon butter. Heat butter over medium heat until it just begins to brown. Add almonds and cook, stirring often, until brown, watching closely to avoid over cooking. Sprinkle almonds and parsley over cooked fish. Top with lemon slices if desired.

Yield: 4 servings

Nutrition information per serving: 423 calories; 28g fat; 34g protein; 10g carbohydrate; 2g dietary fiber; 105mg cholesterol; 297mg sodium

**Oven Fish Fry**

1 pound lean fish fillets, cut 3/4 inch thick (crappie, cod, haddock, etc.)  
1/3 cup corn meal  
1/3 cup dry bread crumbs  
1/2 teaspoon dried dill weed

1 teaspoon paprika  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/3 cup low fat milk  
2 tablespoons vegetable oil

Place oven rack slightly above the middle of the oven. Preheat oven to 500°F. Cut fish fillets into 2 inch by 1-1/2 inch pieces. Mix cornmeal, bread crumbs, dill weed, paprika, salt and pepper in a pie plate. Pour milk into a second pie plate. Dip fish into milk, then coat with cornmeal mixture. Place fish on ungreased 9 by 13 inch pan. Drizzle with vegetable oil. Bake, uncovered, for 10 minutes or until fish just flakes when tested with the tip of a knife.

Yield: 4 servings

Nutrition information per serving: 242 calories; 9g fat; 23g protein; 17g carbohydrate; 1g dietary fiber; 50mg cholesterol; 416mg sodium
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For more information contact a county Oklahoma Cooperative Extension Service office. To locate your county Extension office, visit http://countyext2.okstate.edu/

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