

Walleye Cook-Off 2011

September 28, 2011

Thorton Brothers Put on a Show

Chefs David and Micheal Thorton demonstrated four mouth-watering walleye recipes for the Spokane Walleye Club during the September general membership meeting.

David Thorton is a chef at the Max at the Maribeau in the Spokane Valley.

David's older brother Micheal is a chef at C.I. Shenanigans in downtown Spokane.



Both brothers received their training at the Scottsdale Culinary Institute. A third Thorton brother is pursuing a degree in fisheries biology.

This was the first time that the Thortons cooked with walleye. And before the cook-off neither brother had eaten before. After sampling our club's favorite fish, they wanted to know where they could get more!



The Thortons are a family of fishermen. They enjoy fly fishing for trout in area streams. We hope to get them on a boat soon, so they can catch "walleye fever". The prospect of a short lunch really peaked their interest!

A big thank you to the Thortons for providing the ingredients to go along with the walleye.



Restaurants

Max at Maribeau is located in the Spokane Valley.

1100 North Sullivan Road

Phone: 509-922-5262

C.I. Shenanigans is in Downtown Spokane.

322 N. Spokane Falls Court

Phone: 509-455-6690

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Five Walleye Club Members Compete in Cook-off

The Thorton brothers served as our judges for the competition. The judges enjoyed several versions of fried walleye and some broiled fish tacos. The judges liked what they were served and claimed that it was a close call. In the end,



Yvonne Gower won the member cook-off with her Pecan Encrusted Walleye with a cream and lemon juice sauce. Yvonne was awarded a \$50 gift certificate to Max at the Maribeau. Congratulations Yvonne!!!

Chef David's Baked Walleye Gratin

Ingredients:

- 3 potatoes thin sliced
- 1 Tbs garlic minced
- 1 lb walleye fillets
- 1 onion thinly sliced
- 1 parsnip diced
- 1 tsp oregano
- 1 tsp salt and pepper



Layer potatoes in oven-safe baking dish overlapping season with a little salt and pepper. Add garlic minced on top followed by the sliced onions and diced parsnips. Season walleye with salt, pepper and oregano. Place on top of potatoes and vegetables. Let sit and make sauce.



Sauce:

- 2 Tbs Olive oil
- 2 Strips bacon diced
- 3 garlic cloves minced
- 1 Tbs flour
- 2 cups heavy cream
- ½ lb smoked cheddar or other sharp cheese
- 1 tsp salt and pepper
- 1 cup bread crumbs seasoned
- 3 Tbs green onion garnish

Render bacon on Medium heat. When browned, add oil and garlic, turn to low heat sweat for 2 minutes. Add flour stirring constantly till light in color and nutty aroma for about 1 to 2 minutes. Add half the cream stir vigorously till smooth and not lumpy. Add rest of cream, bring to boil, then add salt, pepper and cheese. Take off heat immediately and stir till cheese is incorporated pour over walleye and vegetables in pan. Top with bread crumbs and bake 400 degrees for about 20 to 30 min or till golden brown. Top with green onion garnish and serve.

Chef David's Potage Poisson (Fish Soup)

Stock:

- 2 cups shrimp or fish stock
- 2 cans coconut milk
- 3 cups heavy cream
- 1 sprig mint fresh
- 3 sprigs Thai basil fresh (regular basil if Thai unavailable)
- 2 sprigs oregano fresh
- 5 cloves garlic whole fresh
- 3 Tbs fish sauce
- 2 Tbs Siracha sauce or other hot sauce

Add all stock ingredients to stock pot and simmer 10 to 15 minutes strain and hold hot.

- 5 Bacon strips small diced
- 4 oz Salted butter
- 1 lb walleye diced
- 1 red bell pepper small diced
- 1 poblano pepper small diced
- 1 yellow onion small diced
- 2 stalks of celery small diced
- 1 parsnip small diced
- 3 garlic cloves minced
- 4 oz flour
- 1 bunch cilantro chopped

Render bacon on high heat. When browned, add butter and vegetables. Turn to medium heat sweat for 2 minutes. Add flour stirring constantly till light in color with nutty aroma. About 1 to 2 minutes, add half the stock. Stir vigorously till smooth and not lumpy. Add walleye and rest of stock. Bring to boil, then add cilantro and serve.



Yvonne Gower's Pecan Crusted Walleye

- 1 Cup Finely Chopped Pecans—Divided
- 1/2 Cup Cornmeal
- 1 tsp Salt
- 1 tsp Black Pepper—Divided
- 4 Walleye Fillets
- 1/2 Cup Whipping Cream
- 2 Tbs Lemon Juice
- 1 to 2 Tbs minced fresh parsley



Combine pecans with half of the salt and half of the pepper. Coat fish. Cook in a skillet with 1/4 cup butter over medium heat for 6 or 7 minutes. Remove fish and keep warm in the oven. In the same skillet, make the sauce. Melt 1/4 cup butter over medium heat. Add last 1/2 cup pecans. Cook for 1 minute. Add cream and lemon juice, salt and pepper. Cook for another minute. Stir in parsley. Spoon sauce over



Leanne Koch's Broiled Fish Tacos With Mango Salsa



- Fish Marinade:
- 2 Tbs Lime Juice
 - 2 tsp Olive Oil
 - 1/4 tsp ground Cumin
 - 2 Garlic Cloves
 - 4 Walleye Fillets
 - 1/4 tsp Salt
 - Cooking Spray

Other Ingredients: Flour Tortillas, 1 1/2 cup Pico De Gallo, 1 cup sliced mango, 1 cup shredded cabbage, 1/4 Cup Sour Cream.

To prepare fish, combine lime juice, olive oil, cumin and garlic in a plastic bag. Marinate fish in bag for 15 minutes. Sprinkle both sides of fish with salt. Broil fish until it flakes easily with fork.

Prepare tacos by combining fish, shredded cabbage, sour cream and salsa in a tortilla. Squeeze lime juice onto fish, roll up tacos and serve.

Allan Walker's Gluten Free Fried Walleye

- Ingredients:
- 6 walleye filets
 - 2 cups Pamela's Gluten Free Pancake Mix
 - 2 large eggs
 - Salt
 - Black pepper
 - Cayenne pepper



Separate pancake mix into two bowls 1 cup each. Separate egg white and yoke. Whip egg white until stiff, stir in yokes, and add mixture to third bowl. Pepper walleye fillets to taste. Dip fillet in first pancake mix bowl, coat well, dip fillet in egg wash, and dip fillet in second pancake mix bowl. Coat well. Pan fry or deep fry to golden brown.

- Tartar Sauce:
- 1/2 cup good mayonnaise
 - 2 tablespoons pickle relish sweet
 - 1 tablespoon finely chopped onion
 - 1 teaspoon coarse-grained mustard
 - Pinch kosher salt
 - Pinch freshly ground black pepper