

UNFRIED OVEN FRIED FISH

1 cup bread crumb
1 teaspoon Oregano or Italian Seasoning
¼ teaspoon pepper
1 pound fish fillets

1 tablespoon grated Parmesan Cheese
½ teaspoon salt
1 egg with a tablespoon of milk

Preheat the oven to 375 degrees. In a plastic bag combine the bread crumbs, Parmesan cheese, oregano, salt and pepper. Hold the top of the bag shut and shake to mix everything together.

Put the pieces of fish in a bowl to coat with the egg and milk mixture, then put the fish into the bag and shake to cover well with crumbs. Take the fish pieces out of bag and place onto baking sheet.

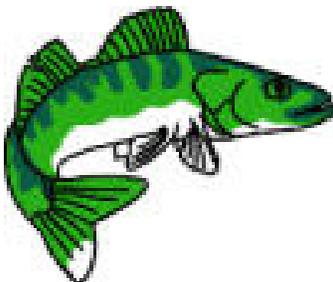
Bake at 375 degrees for ten to twenty minutes, until the fish flakes when you try to pry it apart with a fork.

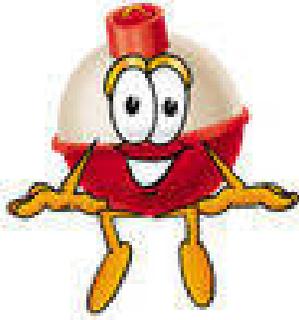
NUNGESSER CHOWDER

¼ cup butter
1 large onion, chopped
2 medium carrots, grated
3 medium potatoes, peeled and diced
1 teaspoon salt
½ teaspoon thyme
1 bay leaf
2 cups milk
2 pounds walleye fillets
½ pound fresh mushrooms, sliced
2 tablespoons chopped fresh parsley

Melt the butter in a large saucepan, then add the onion and cook over medium heat until just softened. Toss in the carrots and potatoes, stir then add the salt, thyme, bay leaf and milk. Bring to a boil, then lower the heat and simmer for about fifteen minutes, until the potatoes are nearly done.

Cut the fish fillets into chunks and add to the pot along with the mushrooms and the parsley. Stir to mix everything up, and simmer for about five minutes, or until the fish is cooked.





EJ APPROVED BAKED FISH

2 – 3 lbs walleye fillets	1 tbsp lemon juice
1 cup milk	3 tbsp butter
1 tsp salt	4 slices bacon
Pepper	fine dry bread crumbs
Paprika	

Cut fillets into serving sized pieces and arrange in a greased casserole dish. Pour milk over fish. Add salt, pepper, paprika and lemon juice, dot with butter. Arrange bacon slices on fish, cutting them in half if necessary. Sprinkle with bread crumbs. Bake at 425 degrees F until fish flakes easily when tested with a fork – 15 to 20 minutes.

OMA'S FISH IN CHIVE SAUCE

1 – 2 lbs walleye fillets
3 tablespoons butter
3 tablespoons flour
1 ½ cups milk
Freshly snipped chives or parsley

In a large saucepan, over low heat, melt the butter without allowing it to brown. Add the flour, stirring it thoroughly through the butter. Cook very gently for a minute or two. Slowly stir in the milk until it becomes smooth and begins to thicken. Add the fish as well as snipped fresh or frozen parsley or chives. Cook over low heat, stirring occasionally to separate fish until it flakes easily and is heated through.





PATTI'S PICKLED NORTHERN

Cleaned Northern Fillets, cut into bite sized pieces
1 onion, sliced into rings
White vinegar
3 tsp pickling salt
Ice water
½ cup sugar
1 tsp pickling spice

Bring water to a boil, add cleaned fish and as soon as it comes back to a boil remove fish and cool in ice water. Add sugar, salt and spice to quart jar. Pack cooled, drained fish and sliced onion in layers in jar. Fill remainder of jar with white vinegar. Seal jar and roll over and over until sugar is dissolved. Refrigerate for 24 hours before eating.

SWEET AND SOUR FISH

2 lbs walleye fillets
2 Tbsp cornstarch
2 Tbsp oil
1 small onion, chopped
1 clove garlic, minced
3 Tbsp soya sauce
2 Tbsp sherry (optional)
1/2 cup honey
4 Tbsp vinegar
1 cup chicken stock

Cut walleye into 2-inch chunks and shake in cornstarch to coat. Heat oil in wok or large frying pan and fry fish until golden brown, stirring frequently. Remove from pan.

Add chopped onion and garlic and fry until golden brown.

Combine remaining ingredients, add to fry pan and bring to a boil. Lower heat and cook until thickened. Add fish and simmer for one minute.

