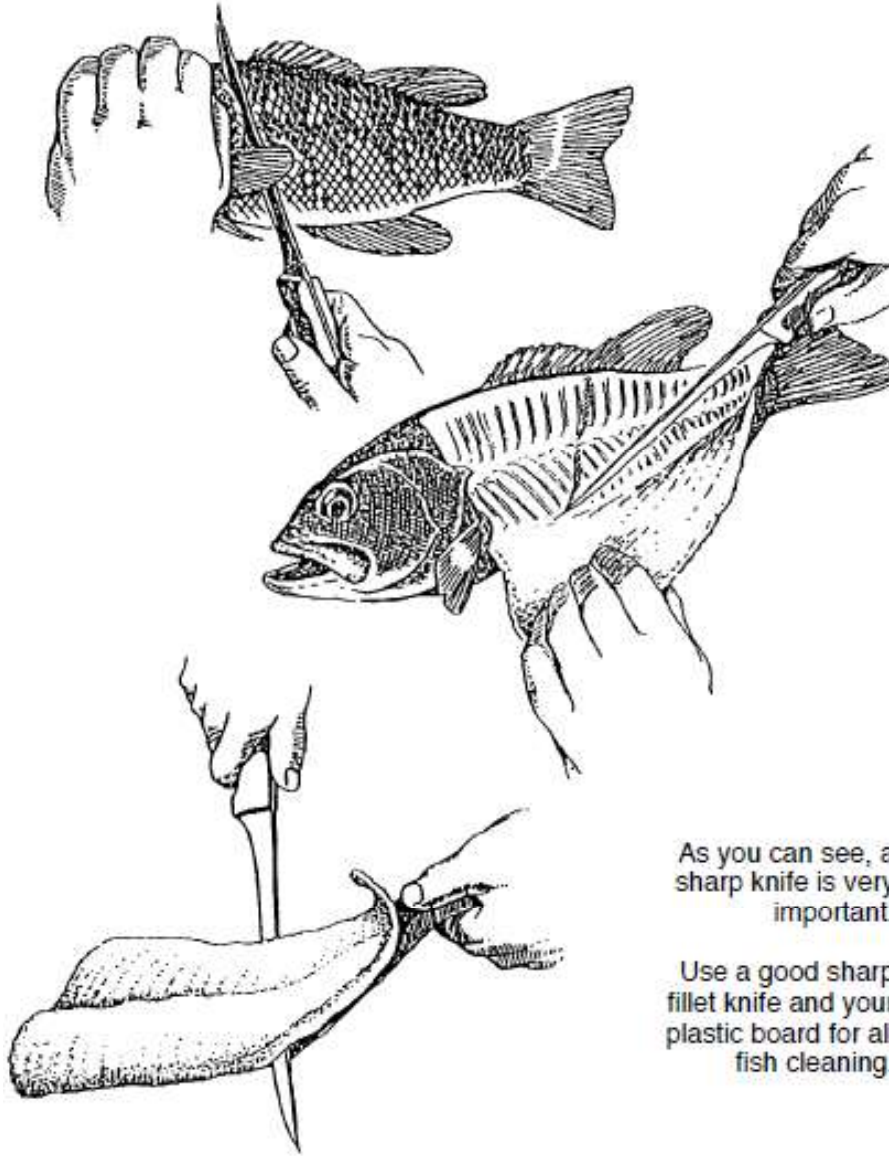


North Country Fish Filleting

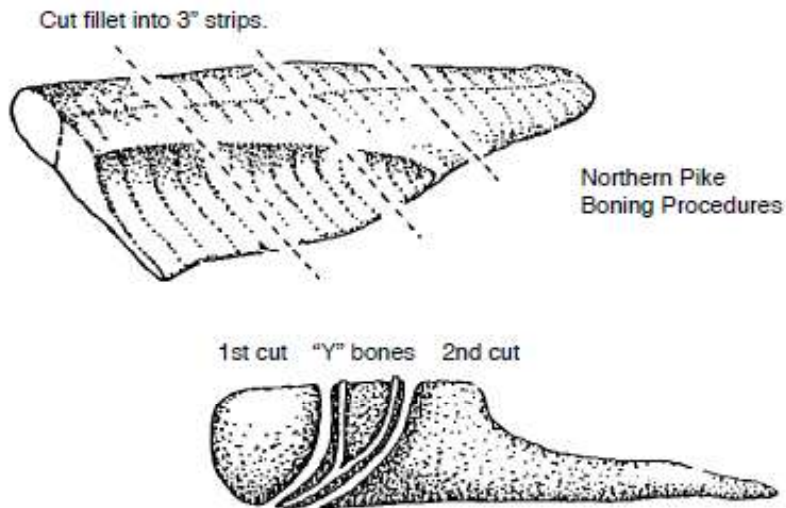
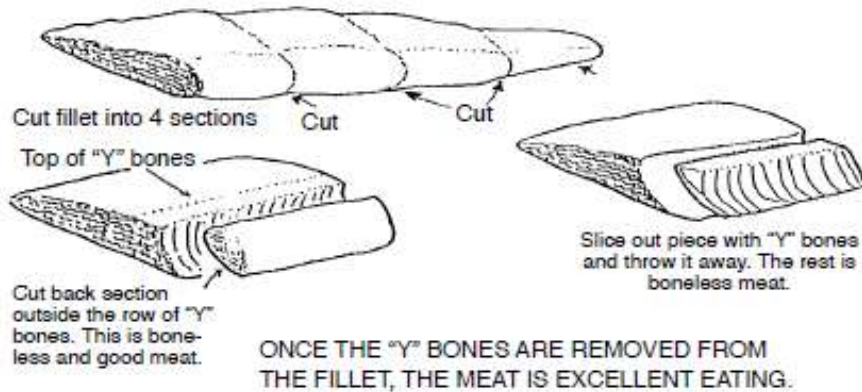


As you can see, a sharp knife is very important.

Use a good sharp fillet knife and your plastic board for all fish cleaning.

Preparing Northern Pike Fillets

The Y bone found in these fish improve the rigidity of the fishes very flexible body. Being a predator, it has the ability of short fast bursts of speed to catch prey. Most other species use this technique as a defense tactic to escape. The northern pike is well known for its aggression which gives fisherman a challenge and a fight to get them out of the water. Do not let the Y bone discourage you, this fish is a treat to catch and very tasty for crews.



Cooking Your Fish

It is very important to cook all fish thoroughly. One simple method of doing this is to cut the fillets into small strips. Increasing the surface area to which heat can penetrate the meat. The thicker the cut the longer the cook time.

Fried Fish– be sure to cut into small pieces or strips to make prep easy and fast. The fish can be prepared in many different ways.

- Wash fillets and roll in dry crumbs or fish fry mix, fry in hot oil
- Wash fillets and dip in a mixture of liquid milk and eggs (made from dehydrated powders). Dip fillets in the liquid milk egg mix and then roll or dip in fish fry mix, fry in hot oil
- The Fish fry mix can also be used as batter. Add water or liquid milk to fish fry until you have a batter similar to pancake batter. Dip fillets in batter and fry in hot oil.
- All of these can also be done with the corn bread mix.

You may have your own method you prefer just remember to wash and cut fillets into small strips or chunks.

Steam Baked Fish– You can steam your fish in your bake packer. Cover the fish in butter and season as you wish. Place fish in liner pan and steam until meat is tender white and flaky. Add lemon juice to liner pan for more flavor.

Grilled Fish– This is best for trout and pike, does not work as well for other fish. Prepare the fish by removing entrails and scales. Build a spick and place fish on stick or cook right on fire grate. Cover the fish in butter, inside and out, then season to liking. Cook slowly over low to medium fire. Pick meat of the bone and enjoy.

Poached Fish– Wash and cut fish fillets into small strips or pieces. Prepare a solution of water with ingredients of choice (ex. lemon juice, salt, pepper, old bay, garlic, onion, etc.). The more concentrated the solution and the smaller the fillet chunks the more flavor the fish will absorb. Boil fish fillets until white and flaky.