

# One of the best things about summer

The Bay of Quinte is renowned as a world-class fishery. Bay of Quinte fish are healthy, abundant, and perfectly fine to eat. After spending an exciting day on the water, fishing, there is nothing better than having an old fashioned fish fry. Here are a couple recipes for your next get-together.

Be sure to review the Guide to eating Ontario Fish -

<https://www.ontario.ca/environment-and-energy/eating-ontario-fish>

Remember, your Covid - 19 precautions by practicing social distancing and staying in your social groups.

## How in the heck do you remove the "Y" bones?

This web site has a great video showing how to remove the "Y" bones.

<https://www.northernontario.travel/fishing/the-best-recipe-ever-for-your-northern-ontario-pike>

## **Northern Pike**

### **Cajun Your Catch**

3 strips of diced smoked bacon  
2 cloves of garlic, crushed  
2 tbsp. onion  
1/3 green pepper, 1/3 red pepper and 1/3 yellow pepper sliced into thin strips  
2 sticks of butter  
1 tsp Cayenne pepper  
1 1/2 tsp Grey Poupon mustard  
1/4 tsp dried basil  
1/4 tsp dried thyme  
1/4 tsp dried oregano  
1 - 5 squirts Tabasco sauce (be careful now)  
2 tbsp crab boil seasoning or Old Bay seasoning  
1 1/2 pounds of pike filets cut into cubes  
handful of fresh shrimp and/or small scallops

Preheat the oven to 375° F. Sauté the bacon, onion, garlic in a skillet until the onion is translucent. Add the green, red and yellow pepper and stir it around the skillet. Add the butter, mustard, cayenne, basil, thyme, oregano, Tabasco and crab boil. Simmer for 3 minutes. Add the cubed pike and shrimp. Stir and simmer for another 3 minutes. Transfer to a baking dish and bake for 15 minutes.

Serve the pike on a bed of steamed brown rice or a mix of brown rice and ancient grains. and a side salad.

### **Grilled Northern Pike**

2 pounds of northern pike fillets  
½ cup salad oil  
2 tbsp parsley cut up  
½ tsp Worcestershire sauce  
1 dash of bottled hot pepper sauce  
¼ cup of lemon juice  
1 tsp salt  
1 tsp paprika

Cut northern pike into 6 pieces. Combine Oil, parsley, Worcestershire sauce, hot sauce, Lemon juice, and salt. Place fillets in a shallow dish, cover with mixture. Marinate at room temperature for one hour, turn once. Drain and set aside marinade.

Place fish in a well-greased broiler basket and sprinkle with salt. Grill over medium-hot coals for 5-8 minutes. Baste with marinade and turn. Grill 5-8 more minutes until the fish flakes easily with a fork. Sprinkle with paprika and enjoy.

<http://northerngirl.com/recipes>

### **BBQ Bullheads**

Early spring is the best time to catch bullheads, when the peepers start peeping and the ice is just out. The cold water makes for tastier, firmer fleshed fish dinners.

### **Bullhead fillets**

butter, or some cooking spray to prevent fish from sticking to the tin foil  
favorite BBQ or marinade sauce

Preheat your grill/get coals ready for cooking. Place a piece of foil over the grill grate. Add a bit of butter and place the bullhead fillets on top. Baste the fillet with BBQ sauce, cover and cook 4-6 minutes, until the fish is cooked through and the meat easily flakes. This can be eaten like a fish sandwich while you continue fishing or served over brown rice with grilled veggies as a fancier entree.

### **Bullhead Patties**

Here is a recipe to try, besides the traditional bullhead fish fry (it also works great for left-over fried bullheads).

2 pounds filleted bullheads or other fish (can use previously cooked fish)  
1 large raw potato  
1 small onion  
1 large egg  
2 tablespoons flour

1-2 tablespoons chopped fresh parsley or dill (optional)  
salt and pepper to taste  
3 tablespoons olive oil

Coarsely grind uncooked fillets (if using cooked bullheads, simply flake the meat from the bones). Then grate the potato and onion. This can be done in a food processor, blender, or by hand.

Mix with remaining ingredients and form into ½ inch thick patties. You can form small patties of about one inch rounds to serve with tarter sauce as an appetizer or larger patties to serve on a bun as a sandwich.

Heat olive oil in a fry pan and drop patties into hot oil. For a crispier patty, you may coat the patties lightly in fish fry batter or seasoned panko breadcrumbs before frying. Fry until golden brown on both sides. Serve with tarter or cocktail sauce, or lemon wedges.

<https://www.wildharvesttable.com/category/bullhead-recipes>

### **Lancaster Perch Rolls**

Enjoy the distinct succulent, almost sweet flavour of the fresh perch in a traditional perch roll. The sauce is perfect to serve with perch or pickerel on a bun.

#### **Sauce**

1 egg  
½ tsp dry mustard  
½ cup milk  
1½ tbsp flour  
¼ cup white sugar  
½ cup white vinegar

#### **Perch Roll**

1 lb freshwater perch or pickerel  
½ cup flour  
2 tbsp butter  
½ tsp salt  
½ tsp pepper  
6-8 hot dog buns

Prepare the sauce. In a small saucepan, whisk together the egg, mustard, milk and flour. Cook on medium heat until thickened, stirring frequently.

Add the white sugar and vinegar to a large mug and microwave for about 30 seconds to dissolve the sugar. A double boiler may also be used to warm and dissolve the sugar.

Stir the vinegar and sugar mixture into to the remaining sauce ingredients and simmer for a few minutes.

Prepare the fish and buns. Filet the fresh fish, wash and pat dry, then sprinkle with salt and pepper Dredge the fish in flour. Add the butter to a frying pan and fry the fish for about 2 minutes per side.

Toast the buns, add the fish to the buns and top generously with the sauce. Servings: 4

<http://theworlondonaplatter.com/lancaster-perch-rolls/>

### **Beer' n Buttermilk Fried Perch**

A beer and buttermilk batter is the perfect combination for mild and sweet tasting Ontario perch. Serve with lemon wedges, malt vinegar and tartar sauce.

2 cups (500 mL) all-purpose flour

3 tbsp (45 mL) cornstarch

1 tbsp (15 mL) baking powder

Salt

1 can (355 mL) Ontario Beer

2 cups (500 mL) Ontario Buttermilk

1-1/2 to 2 lbs (750 g to 1 kg) fresh Ontario Perch Fillets (skin on and boneless), about 24 fillets

Vegetable oil

In large bowl, combine flour, cornstarch, baking powder and pinch of salt. Make a well in the centre and add 3/4 of the beer and 3/4 of the buttermilk. Whisk until mixture is smooth, 1 to 2 minutes. Add more beer and buttermilk to thin batter, if required.

In deep fryer or large heavy bottomed pot; heat oil to 375°F (190°C).

Rinse fillets with cold water and pat dry with paper towel.

Dip one fillet at a time into batter to evenly coat; slowly insert into hot oil. Repeat and fry in small batches for 2 to 3 minutes per side until golden brown and cooked. Serve immediately.

Serves: 6-8

<https://www.ontario.ca/foodland/recipes/beer-n-buttermilk-fried-perch>

### **Fried Bass with Cajun Option**

1 1/2 lb fresh Bass fillets

1/2 cup Bisquick

1/4 cup Milk

1 Egg

1 cup Cornmeal

2 tsp. Cajun seasoning (optional)

1/4 tsp. Salt

Olive oil for frying

Place fillets in salt water bath for 10 minutes. Wash fish in cold and pat dry with paper towels. Whisk together the Bisquick, milk and egg in a medium bowl. Mix the cornmeal, Cajun seasoning and salt in shallow dish. Dip the fillets into the wet batter first, then dredge in the cornmeal mixture. Fry the fillets in hot oil until golden-brown, turning once. Drain on paper towels and serve.

<http://www.lakefishingtechniques.com/great-largemouth-and-smallmouth-bass-recipes/>

### **Baked Bass**

1 (4-pound) dressed freshwater bass  
2 tablespoons vegetable oil  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 small onion, finely chopped  
2 teaspoons Worcestershire sauce  
1/4 cup orange juice  
1 tablespoon lemon juice  
1/2 cup water  
Lemon slices

Rinse fish thoroughly, and pat dry. Rub inside and outside of fish with oil. Sprinkle fish with salt and pepper; place onion in cavity.

Place fish in an aluminum foil-lined 13- x 9- x 2-inch baking pan. Pour Worcestershire sauce and juices over fish. Add water to pan.

Bake, uncovered, at 400° for 30 minutes or until fish flakes easily when tested with a fork. Baste fish frequently with pan drippings.

Transfer fish to a warm serving platter. Garnish with lemon slices.

<https://www.myrecipes.com/recipe/baked-bass>

### **Baked Crispy Walleye**

- 1 cup panko bread crumbs
- 3 tablespoons virgin olive oil
- 24 ounce walleye fillets
- Salt
- Ground black pepper
- Lemon wedge

Heat oven to 425. Mix the breadcrumbs and 1 tablespoon of olive oil. Spread it on the bottom of a baking pan. Bake until it is brown and place it back in a bowl. Mix in the salt and pepper. Roll the walleye in the breadcrumbs until covered. Place the fillets in the pan and add the remaining 2 tablespoons of olive oil. Bake for 15 minutes or until the fish flakes. Serve with the fresh lemon wedge.

<http://www.lakeeriefish.com/5-baked-walleye-recipes/>

### **Honey Fried Walleye**

- 1 large egg
- 1 teaspoon honey
- 1 cup coarsely crushed saltines (about 22 crackers)
- 1/3 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 to 6 walleye fillets (about 1-1/2 pounds)
- Canola oil
- Additional honey

In a shallow bowl, beat egg and honey. In another bowl, combine the cracker crumbs, flour, salt and pepper. Dip fillets into egg mixture, then coat with crumb mixture.

In a large skillet, heat 1/4 in. of oil; fry fish over medium-high heat for 3-4 minutes on each side or

until fish just begins to flake easily with a fork. Drizzle with honey.

[www.tasteofhome.com/recipes/honey-fried-walleye/](http://www.tasteofhome.com/recipes/honey-fried-walleye/)

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