

Hooked on FISH

Recipes from the Great Lakes State



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Recipes marked with this symbol require a little extra time to prepare. Be sure to check the recipe before you get started.

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Special Technique

A popular and healthy way to cook fish is called “en papillote” or “in paper.” Cooking like this requires very little oil or butter and results in a very flavorful and healthful meal. Traditionally, people use parchment paper to make the packets, but it is much easier to use foil, as shown below. Several recipes in this cookbook call for this technique.



lay out a large sheet of foil



loosely fold over fish and other ingredients



tightly crimp the edges, leaving 1-2 inches of space between the fish and the edges



continue until the packet is completely sealed

About the *Hooked on Fish* Cookbook

Whenever we would go to events with our Eat Safe Fish information, people would often ask us if we had any good fish recipes. And we didn't...But after awhile, we thought, 'WHY don't we have recipes?! We want people to enjoy fish...let's put together a cookbook!'

We know that folks in Michigan like to cook and eat a lot of fish, so we put the word out far and wide, in order to "reel" in some of Michigan's best fish recipes.

The following pages have some fantastic recipes submitted by people from all over the state. They all look delicious, and we hope you'll be excited to try them out. Thank you to everyone who shared!

If you have a recipe you'd like to share for the next version of the cookbook, please visit www.michigan.gov/eatsafefish and look for the 'Hooked on Fish' logo or call 1-800-648-6942 for a submission form.

Stay healthy and eat safe fish, Michigan!

"Bone" appetit!

- MDHHS Division of Environmental Health



Fishing is a fun family activity!

You don't need a lot of equipment to get started. Plus, with over 11,000 inland lakes, rivers, and streams, and the longest freshwater coastline in the entire United States, you're never far from a fishing hole in Michigan!

It's time to grab a pole, hang up the sign that says, *Gone Fishin'*, and head out to the water.



Fishing is great for your family's health!

The fish you catch provide a cheap and healthy source of protein, vitamins, and minerals for your family's meals.

In fact...

- Some fish have heart-healthy omega-3s.
- Most fish are low in saturated fat.
- Eating fish may help prevent heart disease in adults.

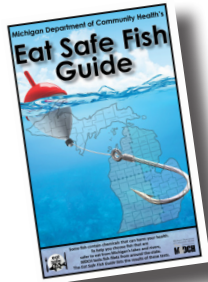


Get to know the



1 Choose

- Use the MDHHS *Eat Safe Fish Guide* (www.michigan.gov/eatsafefish) to choose safe fish for you and your family to eat from your favorite lake or river.
- Use the information at the DNR's Fish Identification (www.michigan.gov/fishid) page to choose the fishing lure and method that best works for catching those fish.
- If you buy your fish from the grocery store, use the *MDHHS Buy Safe Fish* brochure to choose the safest fish to buy. You can get the brochure at www.michigan.gov/eatsafefish or by calling 1-800-648-6942.

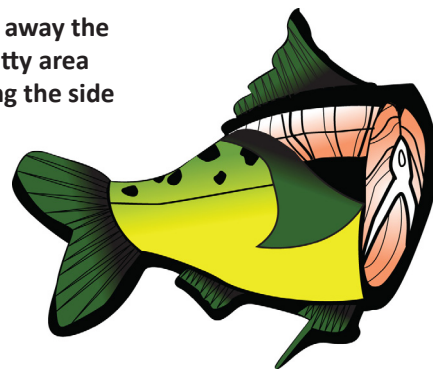


2 Clean

- Some chemicals, like PCBs and dioxins, collect in the fat of the fish. Trim away any of the fat you can see. Throw away the organs. Careful cleaning can remove a lot of the chemicals from the fish.
- You can't remove mercury from fish. Always choose wisely.

Cut away the fatty area along the side

Cut away the fat along the back



Cut away the belly fat

3 Cook

- Poke holes in the skin or remove it completely so that fat can drip away from the fish as it cooks.
- The best way to cook your fish is on a grill or broiler pan so that the fat can drip away.

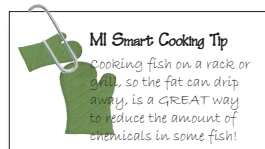
Helpful hints for using this cookbook...



About the Healthy Fish Guide

Use the *Healthy Fish Guide* on the upper right corner of each page of the cookbook to find the MDHHS guidance for store-bought fish featured in that recipe. The *Guide* will help you choose fish that are lower in mercury for you and your family. The *Healthy Fish Guide* uses MDHHS mercury limits for pregnant women and children, so it is safe for everyone to follow.

If you are catching your fish in Michigan, be sure to check the MDHHS *Eat Safe Fish Guide* for information specific to the lake or river that you're fishing in.



Look for MI Smart Cooking Tips

Some recipes include a *MI Smart Cooking Tip*. These tips are from MDHHS and will help you make your meals even healthier. In fact, if you follow the 3Cs and any other *Smart Cooking Tips*, you can reduce the amount of chemicals that may be in your sport-caught fish by up to half!



How much fish is in "MI Serving"?

The Michigan Department of Health and Human Services uses the term *MI Serving* when giving advice about how much fish is safe to eat.

- ☑ For adults: *MI Serving* is 8 ounces of fish - about the size of an adult's hand (large oval).
- ☑ For children: *MI Serving* is 2-4 ounces of fish - about the size of the palm of an adult's hand (small circle or rectangle).

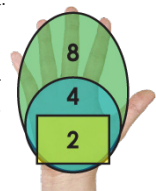




Photo submitted by Susan Simmer

"Tart rhubarb pairs with the sweetness of oranges to create a tangy sauce for roasted black sea bass. Cinnamon and ginger add a lovely background flavor, perfect for the holiday season."

Healthy Fish Guide



Bass* - eat 2 *MI Servings* or less per month of store-bought bass



* If you're eating fish caught in Michigan, be sure to check the MDHHS *Eat Safe Fish Guide* to find out the meal advice for the specific lake or river from which the fish was caught.

Black Sea Bass with Orange Rhubarb Sauce

Recipe adapted by Susan Simmer
Lansing, Michigan

Ingredients

- | | |
|---|--|
| 4 navel oranges | 1 1/2 teaspoons fresh ginger,
peeled and minced |
| 3 tablespoons olive oil | 1/4 teaspoon cinnamon |
| 2 tablespoon unsalted butter | 1 (14- to 15-oz) can diced tomatoes,
including juice |
| 1 large onion, halved lengthwise
and thinly sliced | 1/4 teaspoon black pepper |
| 1 pound rhubarb,
cut into 1-inch pieces | 6 (6- to 8-oz) black sea bass fillets,
skin and small bones removed |
| 2 tablespoons mild honey | 1/4 cup fresh mint, chopped |
| 1 1/4 teaspoons salt | |

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Arrange oven rack in middle position and preheat oven to 375 degrees F.

Cut 4 oranges in half. With a small sharp knife, working over a bowl, cut out segments from 3 oranges and put in measuring cup. Squeeze juice from remaining orange into cup to total 2/3 cup of juice.

Heat 2 tablespoons oil with butter in a 12-inch heavy skillet over moderate heat. Cook the onion, stirring occasionally, until softened and golden brown, 18 to 20 minutes.

While onion is caramelizing, cook rhubarb, honey, 1/3 cup orange juice, and 1/4 teaspoon salt in a 2-quart heavy saucepan over moderate heat, stirring occasionally, until rhubarb is very tender, about 12 minutes.

Add ginger and cinnamon to onion and cook, stirring, 1 minute. Add remaining 1/3 cup orange juice and boil until thickened, about 1 minute. Stir in rhubarb compote, tomatoes, pepper, and 1/2 teaspoon salt and briskly simmer, stirring occasionally until sauce is thickened slightly, 7 to 10 minutes. Remove from heat.


While sauce simmers, grease a 17- by 12-inch glass or ceramic baking dish with remaining tablespoon oil. Pat fish dry and sprinkle with remaining 1/2 teaspoon salt. Arrange fish, skinned sides up, in 1 layer in baking dish and bake until opaque and just cooked through, 12 to 14 minutes. The fish should flake easily with a fork when done. Stir in remaining orange segments and juice into sauce and cook until heated through, 1 to 2 minutes, and season with salt. Stir mint into sauce and serve with fish.


Fun Fish Facts!

Yellow perch are the most often caught game fish in Michigan. Unlike many kinds of fish, perch remain active all year long in both shallow and deeper water, and provide the fisherman with much sport and many a meal. Learn more at www.michigan.gov/fishid.


Healthy Fish Guide



Perch* 

 Eat 1 serving per week

 Eat 2 servings per week

 Heart-healthy

* If you're eating fish caught in Michigan, be sure to check the MDHHS Eat Safe Fish Guide to find out the meal advice for the specific lake or river from which the fish was caught.

Healthy Italian Perch

Recipe by Jennifer Waters
Rockford, Michigan

Ingredients

1-2 pounds lake perch
2 tablespoons Smart Balance Butter Spread
1 bottle Light Done Right Zesty Italian dressing
1 lemon, cut into wedges (optional)
tartar sauce (optional)

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Preheat oven to 375 degrees F.

Divide SmartBalance butter into small pieces and place in a 9x13 casserole dish. Gently place fish fillets in the dish in a single layer. Pour the Light Done Right Zesty Italian dressing over all.

Bake for 30 minutes until butter is melted and the fish flakes easily with a fork. Serve immediately with a lemon wedge and/or tartar sauce.

Goes great with a salad! Enjoy!


Fun Fish Facts!

Shhhh! The US Fish & Wildlife Service says fish don't have ears. They actually "hear" or feel vibrations along the lateral line of their bodies.


Healthy Fish Guide

Salmon* 



 Eat 1 serving per week

 Eat 2 servings per week

 Heart-healthy

* If you're eating fish caught in Michigan, be sure to check the MDHHS Eat Safe Fish Guide to find out the meal advice for the specific lake or river from which the fish was caught.

Baked Salmon in Asian Marinade

Recipe by Mrs. Allen J. Bell
North Muskegon, Michigan

Ingredients

- 4 fresh or frozen salmon steaks (about 1 inch thick)
- 1/3 cup orange juice
- 1/3 cup soy sauce
- 2 tablespoons parsley, finely snipped
- 2 tablespoons canola oil
- 1 clove garlic, crushed
- 1/2 teaspoon dried basil, finely crushed

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MI Smart Cooking Tip

Salmon is a high in omega-3s and is a heart-healthy choice for everyone!



Prepare in advance.
Fish needs to marinate for 4-6 hours.

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Thaw fish if frozen and place in an ovenproof shallow baking dish. Combine orange juice, soy sauce, oil, garlic and basil and pour over fish.

Chill in the refrigerator for 4-6 hours, turning pieces occasionally. Drain and reserve marinade.


Preheat oven to 425 degrees F. Bake for 12-15 minutes or until the fish flakes easily with a fork.


Gently bring marinade to a boil over medium heat and drizzle over fish when serving (optional).




Serves 4.



Healthy Fish Guide

Salmon* 



 Eat 1 serving per week	 Eat 2 servings per week	 Heart-healthy
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* If you're eating fish caught in Michigan, be sure to check the MDHHS *Eat Safe Fish Guide* to find out the meal advice for the specific lake or river from which the fish was caught.

Pecan Crusted Baked Salmon

Recipe by Sue Manente
Lansing, Michigan

Ingredients

- 3 tablespoons butter, softened
- 3 tablespoons Dijon or other spicy brown mustard
- 5 tablespoons honey
- 1/2 cup dry bread crumbs
- 1/2 cup pecans, finely chopped
- 3 teaspoons parsley
- 6 salmon fillets (4 ounces each), skin and dark flesh removed

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MI Smart Cooking Tip

Salmon is high in Omega-3s and is a heart-healthy choice for everyone!



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Recipes from the Great Lakes State

Preheat oven to 400 degrees F.

Rinse, then pat the salmon fillets dry with a paper towel. Spray a baking sheet with olive oil or non-stick cooking spray and lay the fillets on the pan.

In a small bowl, combine the first three ingredients. Spread the mustard mixture evenly over the salmon.

Combine the dry ingredients in another small bowl. Sprinkle the bread crumb mixture evenly over the top of each of the fillets. Spray the tops lightly with olive oil or non-stick cooking spray.

Bake for 10-15 minutes or until the fish flakes easily with a fork.

Fun Fish Facts!


Some salmon species are endangered. If you buy salmon, Shedd Aquarium's Right Bite program says to stick to wild-caught or farmed Alaskan salmon. Learn more at <http://www.sheddaquarium.org/3155.html>.

If you like to fish, the Michigan Department of Natural Resources stocks our Great Lakes with lots of chinook and coho salmon each year. Yum!


Healthy Fish Guide

Salmon* 



 Eat 1 serving per week

 Eat 2 servings per week

 Heart-healthy

* If you're eating fish caught in Michigan, be sure to check the MDHHS Eat Safe Fish Guide to find out the meal advice for the specific lake or river from which the fish was caught.

Salmon Bake

Recipe adapted by Stephen Davidson
Muskegon, Michigan

Ingredients

4 salmon steaks
1 cup zucchini, julienned or sliced
1 cup carrots, julienned or sliced
1 cup mushrooms, sliced
1 cup onions, sliced thinly
1 cup baby corn
4 tablespoons lemon juice, divided
1/2 cup seasoned bread crumbs
4 sheets of heavy aluminum foil
canola or olive oil

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MI Smart Cooking Tip

Salmon is high in Omega-3s and is a heart-healthy choice for everyone!



Butter Topping

6 tablespoons butter, softened
1 bunch of cilantro, finely chopped
2 tablespoons roasted garlic, mashed or chopped
1 tablespoon lime juice
dash of hot sauce
dash of salt

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Recipes from the Great Lakes State

Preheat oven to 400 degrees F.

In a small bowl, beat together the ingredients for the butter topping. Set aside.

Lightly oil a square of aluminum foil and place one salmon steak in the center. Layer 1/4 of the vegetables over salmon steaks. Lightly salt to taste and pour 1 tablespoon of lemon juice over the fish and vegetables. Sprinkle each salmon packet with 1/8 cup of seasoned bread crumbs. Top with 1 1/2 tablespoons of the butter topping.

Bring the sides of one of the foil squares together and double fold. Then double fold the two open ends of the foil to create a sealed packet. Be sure to leave room in the packet so that heat can circulate throughout. Repeat with the other 3 fish fillets.

Bake for 15-20 minutes. Serve over rice.


Fun Fish Facts!

The US Fish and Wildlife Service says that young salmon, known as smolts, migrate downstream tail first—scientists are not sure why. One theory is that oxygen rich water can more easily flow into the gills of the fish; or maybe salmon orient themselves based on their natural instinct to swim upstream.


Healthy Fish Guide

Salmon* 



 Eat 1 serving per week

 Eat 2 servings per week

 Heart-healthy

* If you're eating fish caught in Michigan, be sure to check the MDHHS Eat Safe Fish Guide to find out the meal advice for the specific lake or river from which the fish was caught.

Salmon Baked in Lettuce Leaves

Recipe adapted by Myrna Liepins
Spring Lake, Michigan

Ingredients

4 - 4 ounce skinless salmon fillets
1 teaspoon minced garlic
1 head romaine lettuce
1 small bunch fresh dill
1 small onion, sliced thinly
1 cup chicken broth
juice of 1/2 lemon
salt and pepper

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MI Smart Cooking Tip

Salmon is a high in Omega-3s and is a heart-healthy choice for everyone!



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Recipes from the Great Lakes State

Preheat oven to 400 degrees F.


Spray a baking dish with non-stick cooking spray. Line the dish with romaine lettuce leaves, allowing them to hang over the edges. Arrange the fish on the leaves; then top with the rest of the ingredients. Fold lettuce over to cover the fish, using more if needed.


Cover the dish tightly with aluminum foil and bake for 20 minutes or until fish flakes easily with a fork. At this point, you can also uncover the fish and bake a few minutes longer.




Serve with or without lettuce, on steamed white rice. Delicious!!



Sofrita is a flavorful combination of sauteed vegetables and spices that is popular in Cuba, Latin America and many Mediterranean countries. Bring a little sunshine into your Michigan kitchen, and try it today!

Healthy Fish Guide 

Salmon* 

 Eat 1 serving per week  Eat 2 servings per week  Heart-healthy

* If you're eating fish caught in Michigan, be sure to check the MDHHS Eat Safe Fish Guide to find out the meal advice for the specific lake or river from which the fish was caught.

Salmon with Cuban Sofrita

Recipe by Deborah Garcia
West Bloomfield, Michigan

Ingredients

- 4 pieces of Alaskan Salmon
(about 1/4 pound each,
with skin on)
- 1-2 tablespoons olive oil or
canola oil
- Cuban Sofrita (recipe on page 25)
- Lemon Dill Baby Lima Beans
(recipe on page 26)



MI Smart Cooking Tip

Salmon is a high in Omega-3s and is a heart-healthy choice for everyone!



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Heat oil in a skillet over medium-high heat.

Add salmon and cook for 5-8 minutes on skin side until crispy. Turn salmon and cook for 3-5 minutes or until the fish flakes easily with a fork.

Place 1-2 tablespoons Cuban Sofrita on top of each piece of Salmon and cover the skillet. Turn heat down to a simmer, and heat for 3-5 minutes.

Serve with a salad and Lemon Dill Baby Lima Beans.

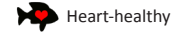
Serves 4.



Healthy Fish Guide



Walleye* - eat 1-2 *MI Servings* or less per month of store-bought walleye



* If you're eating fish caught in Michigan, be sure to check the *MDHHS Eat Safe Fish Guide* to find meal advice for the specific lake or river from which the fish was caught.

Crunchy Baked Walleye

Recipe by Melissa Freye
Muskegon, Michigan

Ingredients

- 3 pounds walleye fillets
- 1 cup milk or buttermilk
- 1 1/2 cups crushed corn flakes
- 3 tablespoons Parmesan cheese
- 2 tablespoons melted butter

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Preheat oven to 400 degrees F.

Spray a baking sheet (with sides) with cooking spray or grease thoroughly.

Crush corn flakes & mix with Parmesan cheese.

First dip the fish fillets in milk, and then dip them into the corn flake mixture. Place the fish on the prepared baking sheet. Pour butter over fish.

Bake for about 20 minutes or until fish flakes easily with a fork. Enjoy!



Healthy Fish Guide

Cod		Whitefish*	
Perch*			
Tilapia			

Eat 1 serving per week Eat 2 servings per week Heart-healthy

* If you're eating fish caught in Michigan, be sure to check the MDHHS *Eat Safe Fish Guide* to find out the meal advice for the specific lake or river from which the fish was caught.

Fish Tacos

Recipe by Deborah Garcia
West Bloomfield, Michigan

Ingredients

1-2 pounds fish
(tilapia, cod, perch, whitefish)
salt & pepper to taste
flour or corn tortillas

Garnish

lettuce, shredded
tomatoes, diced
onions, diced (white, yellow, Vidalia, green)
bell or Serrano peppers
fresh cilantro
1-2 limes, cut into wedges
hot sauce or salsa

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MI Smart Cooking Tip

Cook fish on a broiler pan so the fat can drip away. It's a great way to reduce some of the chemicals that may be in some fish.




Preheat oven to 375 degrees F.


Season fish with seasoning salt, salt or pepper on both sides. Place on cookie sheet or glass baking dish for 15 - 20 minutes or until the top of fish is golden brown and it flakes easily with a fork.




Heat up the tortillas on griddle, grill or microwave. You can also pan fry the tortillas in small amount of olive, canola, safflower or vegetable oil folding over in half once both sides are cooked to softness or leave in oil longer for crispier tortillas. Then remove from pan to paper towel.

Place baked pieces of fish inside taco - breaking into smaller pieces, if preferred. If desired, add lettuce, tomato, onion, chilies, and squeeze lime over top. Feel free to add sour cream, plain yogurt, Spanish cheeses (goat, caceca, grated monterey jack) and your favorite salsa, too!



Healthy Fish Guide 

Whitefish* 

 Eat 1 serving per week  Eat 2 servings per week  Heart-healthy

* If you're eating fish caught in Michigan, be sure to check the MDHHS *Eat Safe Fish Guide* to find out the meal advice for the specific lake or river from which the fish was caught.

Great Lakes Whitefish Chowder

Recipe adapted by Linda Dykema
Lansing, Michigan

Ingredients

- 2 tablespoons butter
- 1 bunch green onion, chopped
- 3/4 cup celery, chopped
- 1 1/2 cups carrot, chopped
- 3-4 medium red potatoes with skin, chopped
- 2 cups chicken stock
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon thyme
- 1 bay leaf
- 2 cups milk
- About 1 pound Great Lakes Whitefish

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For roux:

- 1/4 cup butter
- 1/4 cup flour

Toppings (optional):

- green onion, chopped
- crisp bacon, crumbled



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In a 4- to 5-quart dutch oven or other deep pot, sauté chopped green onion and celery in butter over medium heat until soft and transparent. Add next seven ingredients (through bay leaf) and simmer until carrots and potatoes are soft (about 15-20 minutes). Add milk.

Carefully transfer 1 to 2 cups of the hot soup to a blender or food processor. Blend until smooth and add back into the pot of soup.

Add whitefish and simmer until fish is flaky and thoroughly cooked.

To make roux: In a separate pan, melt butter over medium heat and stir in flour all at once. Cook while stirring constantly until flour is lightly browned. Stir the roux into the chowder and simmer for an additional 5 minutes until thick.

To serve, top with chopped green onion and crumbled crisp bacon.



Healthy Fish Guide		
Cod		
Perch*		Tilapia
Shrimp		Whitefish*
	Eat 1 serving per week	Eat 2 servings per week Heart-healthy

* If you're eating fish caught in Michigan, be sure to check the MDHHS *Eat Safe Fish Guide* to find out the meal advice for the specific lake or river from which the fish was caught.

Mexican Ceviche

Recipe by Deborah Garcia
West Bloomfield, Michigan

Ingredients

- 1/2 to 1 pound uncooked or cooked fresh white fish or shrimp diced in small cubes
- 2 limes
- 1 small to medium white onion diced
- 1/2 Serrano pepper, without seeds, diced
- 1 tablespoon fresh cilantro, coarsely chopped (you can add more if you like)
- salt to taste
- Tabasco Sauce to taste

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Chop and mix all ingredients in glass or plastic bowl.

Let sit for at least 1 hour in refrigerator for uncooked fish, or if cooked, for 15 minutes.

Add salt and/or Tabasco Sauce to taste and serve with white, yellow, or blue corn chips. Enjoy!



Science at work!

The citric acid in the lime juice “cooks” the fish while you wait.



Photo submitted by Susan Simmer

Healthy Fish Guide

Cod

Perch* Whitefish*

Tilapia

Eat 1 serving per week Eat 2 servings per week Heart-healthy

* If you're eating fish caught in Michigan, be sure to check the MDHHS *Eat Safe Fish Guide* to find out the meal advice for the specific lake or river from which the fish was caught.

White Fish with Lemon Walnut Sauce

Recipe adapted by Susan Simmer
Lansing, Michigan

"A fish dish that feels meaty and satisfying."

Ingredients

2 pounds firm white fish fillets
1/2 cup flour (can use equal parts
wheat and white)
1/2 teaspoon salt
1/4 teaspoon ground black pepper
4 tablespoons olive oil

Lemon Walnut Sauce:

1 1/2 cups walnuts
1/2 cup water
2 lemons, juiced
1 teaspoon salt
1/4 teaspoon cayenne pepper
1 small bunch cilantro, finely chopped
6 cloves garlic, crushed
2 tablespoons butter

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Pat fish fillets dry. Combine flour and salt and black pepper. Coat fish with flour and let sit on a rack for 10-15 minutes. Fry in hot olive oil for 2 minutes per side. Remove to a rack to drain and cool.

After the sauce (instructions below) cools to room temperature, place fish on plate and spoon sauce over the top.

Lemon Walnut Sauce:

In a blender, pulse the walnuts into a fine puree. Pour the ground walnuts into a mixing bowl and slowly add 1/2 cup water, stirring constantly. Gradually add the lemon juice, salt and cayenne. The sauce should be somewhat on the thick side.

Very finely chop the cilantro with the garlic. In a skillet, over medium heat, add butter and sauté the garlic and cilantro mixture until the garlic is a pale yellow. (You can use the same skillet you fried the fish in for this step, if you prefer.) Add the walnut sauce to the skillet and simmer over medium-low heat for about 10 minutes, stirring occasionally.



Healthy Fish Guide		
Catfish*		Tilapia
Cod		Trout*
Perch*		Freshwater Drum*
Eat 1 serving per week	Eat 2 servings per week	Heart-healthy

* If you're eating fish caught in Michigan, be sure to check the MDHHS *Eat Safe Fish Guide* to find out the meal advice for the specific lake or river from which the fish was caught.

Fish Batter for Your Catch

Recipe by Mrs. Allen J. Bell
North Muskegon, Michigan

Ingredients

1 tablespoon Miracle Whip
3 tablespoons ketchup
2 eggs
1 (12-ounce) can of beer
2 cups white flour
1 1/2 cups Bisquick
2 cups finely crushed corn flakes
fish fillets



MI Smart Cooking Tip

You can fry fish in a shallow pan to avoid using too much oil. Never save and re-use the oil when frying fish.

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In a mixing bowl, stir together the Miracle Whip, ketchup, eggs, beer and white flour until smooth.

In another container, mix Bisquick and corn flakes together.

Dip fish, one at a time, into the batter and then roll in the dry mixture. Set aside on wax paper.


Preheat a deep-fryer or a deep pot filled halfway with oil to 350 degrees F. Gently place the fish in the oil, making sure it is fully covered and fry until they are golden brown and cooked through, about 4 minutes. Turn the fish to ensure even browning.

Fun Fish Facts!

The Great Lakes are a great resource! According to the Environmental Protection Agency, the Great Lakes are the biggest bodies of freshwater on the surface of the Earth. They hold about 84 percent of North America's surface fresh water and about 21 percent of the world's supply. Only the polar ice caps have more fresh water in one place!

Healthy Fish Guide




Lake Trout* 


Steelhead Trout* 

Salmon* 

Whitefish* 

 Eat 1 serving per week

  Eat 2 servings per week

 Heart-healthy

* If you're eating fish caught in Michigan, be sure to check the MDHHS *Eat Safe Fish Guide* to find out the meal advice for the specific lake or river from which the fish was caught.

Fish Boil

Basil Walker
Eaton Rapids, Michigan

Ingredients

- 20 medium potatoes
 - 20 medium onions
 - 8-10 pounds of salmon, steelhead, lake trout, or whitefish
 - 1 cup salt, divided
 - fresh lemons, cut into wedges
 - Drawn Butter (recipe follows)
- 1 large trout kettle



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Recipes from the Great Lakes State

Peel potatoes and onions, place in trout kettle, add 1/2 cup salt and cover with water. Bring to a boil and cook for 22 minutes at a fast boil. Add the fish fillets, skinned and chunked up in metal colander, and remaining 1/2 cup salt to the kettle. Cook for 8 more minutes.

Lift colander of fish out and rinse with hot water. Pour water quickly out of kettle and serve potatoes, onions and fish. Serve with lemon wedges and drawn butter.

Drawn Butter

2 sticks margarine or butter

In a small saucepan, melt the butter over medium heat. Bring to a boil until the milk solids have separated and sunk to the bottom of the pan. Scoop out the clear butter from the top of the pan and serve in a warm cup.



Healthy Fish Guide

Cod 

Salmon*  

Halibut - eat two MI Servings per month or less 

 Eat 1 serving per week   Eat 2 servings per week  Heart-healthy



* If you're eating fish caught in Michigan, be sure to check the MDHHS *Eat Safe Fish Guide* to find out the meal advice for the specific lake or river from which the fish was caught.

Fish Chowder

Basil Walker
Eaton Rapids, Michigan

Ingredients

- 5 medium potatoes, cubed
- 1 medium onion, diced
- 1 tablespoon butter or margarine
- 2 quarts water
- 2 cups milk
- 8 ounces Cheez Whiz
- 1 pound salmon, halibut, cod or other fish, diced
- salt & pepper to taste



MDHHS - Division of Environmental Health

Hooked on  FISH
Recipes from the Great Lakes State

Combine water, potatoes, onion and salt. Cook until tender, drain. Add milk and butter.

In separate pan, cook diced fish in salted water about 4 minutes. Drain and rinse with hot water.

Add fish to potatoes and fold in Cheez Whiz. Cook on low heat. Do not allow to boil.

Serve with oyster crackers.



Healthy Fish Guide		
Catfish*		Tilapia 
Cod 		Trout* 
Perch* 		Freshwater Drum* 
 Eat 1 serving per week	 Eat 2 servings per week	 Heart-healthy

* If you're eating fish caught in Michigan, be sure to check the MDHHS *Eat Safe Fish Guide* to find out the meal advice for the specific lake or river from which the fish was caught.

Fish on a Rack over Coals or in Oven

Recipe by Basil Walker
Eaton Rapids, Michigan

Ingredients

- 1/2 cup flour
- 6 tablespoons margarine
- 2 teaspoons lemon juice
- salt and pepper to taste
- 1 medium onion, thinly sliced and separated into rings
- 4-6 fish fillets, any kind, freshwater or salt
- Original Open Pit Barbecue Sauce

- 2 large sheets heavy aluminum foil

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Preheat oven to 425 degrees F.

Melt the margarine and stir in the lemon juice.

Line a baking sheet with one sheet of the aluminum foil and coat it with half of the margarine and lemon mixture.

Rinse and gently dry the fish fillets. Lightly coat the fillets with flour, and place them on the foil. Pour a strip of barbecue sauce down the center of each filet. Place onion on top of filets and drizzle with remaining margarine and lemon mixture. Add salt and pepper to taste. Place foil over top and crimp all around.

Place on rack and cook until fish flakes and onions are done, about 12-15 minutes. You can flip once if necessary.



Dogfish - Summer 2000
Photo submitted by
Mrs. Allen J. Bell

Healthy Fish Guide			
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Cod		Trout*	
Perch*		Freshwater Drum*	
	Eat 1 serving per week		Eat 2 servings per week
	Heart-healthy		

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Foiled Again!

Recipe by Mrs. Allen J. Bell
North Muskegon, Michigan

Ingredients

4 fish fillets (any kind, 4-6 ounces each)
1/4 cup Miracle Whip
1/4 cup grated Romano cheese, divided
2 medium zucchini, sliced
1/4 red bell pepper, cut into small pieces
1/3 cup white sweet onions, chopped

4 – 12x18 sheets of aluminum foil

MDHHS - Division of Environmental Health



Preheat the oven to 450 degrees F.

Spray one square of foil with non-stick cooking spray. Place on fish fillet on the center of the foil. Spread with 1/4 of the Miracle Whip and 1/4 of the Romano cheese. Salt and pepper to taste and top with 1/4 of the vegetables.

Bring up sides of the foil together and double fold. Then double fold the two open ends of the foil to create a sealed packet. Leave room in the packet so that heat can circulate throughout. Repeat with the other 3 fish fillets.

Place the packets on a cookie sheet and bake for 18-22 minutes.

Open packets carefully and serve.

Serves 4.

Fun Fish Facts!

Did you know that the Brook Trout is Michigan's State Fish? Originally found only in Michigan's Upper Peninsula and northern Lower Peninsula, the Michigan Department of Natural Resources has now stocked the popular fish in cold waters throughout Michigan.



Healthy Fish Guide

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Cod		Trout*			
Perch*		Freshwater Drum*			
	Eat 1 serving per week		Eat 2 servings per week		Heart-healthy

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Lemon Baked Fish

Recipe by Betty Wilson
Submitted by Sal Wilson
Allegan, Michigan

In Memory of Betty Wilson

Ingredients

- 1 pound fresh fish fillets (recommended: brook trout)
- 2 lemons, one juiced & one peeled and thinly sliced
- 1 teaspoon salt
- 1/2 teaspoon paprika
- 1 1/2 teaspoon dried dill
- 1 tablespoon butter
- 1 tablespoon parsley flakes

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Preheat oven to 325 degrees F.

Place fish in greased baking dish and sprinkle with lemon juice and seasonings. Dot fish with butter. Arrange lemon slices on fish.

Bake in oven for 20 minutes, or until fish flakes easily with a fork.

Sprinkle with parsley flakes.

Serves 4.










This recipe is in memory of Betty Wilson, who retired from the Michigan Department of Natural Resources in 1993. She would have loved to have this submitted in her name.

- Sal Wilson, step-daughter

Fun Fish Facts!

The Michigan Department of Natural Resources stocks many Michigan lakes and rivers with fish. Find a location near you by visiting www.michigan.gov/fishid.

Healthy Fish Guide

Catfish*		Tilapia			
Cod		Trout*			
Perch*		Freshwater Drum*			
	Eat 1 serving per week		Eat 2 servings per week		Heart-healthy

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Lightly Breaded Fish

Recipe by Chuck Stafford
Muskegon, Michigan

Ingredients

1-2 pounds fish fillets
1 box saltine crackers
2-3 cups flour
salt
pepper
3 or 4 eggs
cooking oil

MI Smart Cooking Tip

You can fry fish in a shallow pan to avoid using too much oil. Never save and re-use the oil when frying fish.

MDHHS - Division of Environmental Health

Hooked on 
Recipes from the Great Lakes State

In a zip-top bag, crush the crackers, or place in blender and pulse until the crackers are finely chopped. (Note: unused crumbs can be stored in freezer.) Place fish fillets on paper towel to partially dry.

Put a scoop or two of flour into a gallon size zip-top bag and add a little salt and pepper. Place fillets into the bag with the flour and shake. Place the floured fillets on a plate.

In a shallow bowl, beat the eggs. Dip pieces of the fish into the egg, bathing the pieces thoroughly. Next, roll fish in the cracker crumbs. The fillets can be placed on another plate or fried immediately.

Fry the fish in a shallow pan or in a deep fryer. Preheat the oil to 350 degrees F. Gently place the fish in the oil and fry until it is golden brown and cooked through (fish should flake easily with a fork), about 4 minutes. Turn the fish to ensure even browning.

Any remaining cracker crumbs can be mixed in with the leftover egg mixture and fried, making something like "hush puppies." Served with french fries, this makes a delicious meal!



Cuban Sofrita

Recipe adapted by Deborah Garcia
West Bloomfield, Michigan

Ingredients

25 cherry tomatoes, chopped
2 green peppers, chopped
2 large onions, chopped
10 garlic cloves, chopped
1 bay leaf
1 teaspoon of ground cumin
1 teaspoon of dried oregano
4 tablespoons olive oil
3/4 cup good cooking wine

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Finely chop the tomatoes, peppers, onions and garlic in a blender. Add cumin and oregano. Add the oil and bay leaf to a skillet and sauté the chopped mixture until all the vegetables are limp.

Add cooking wine and let simmer 15 minutes.

Store, covered, in the refrigerator for a few days; or freeze in 1/2 cup portions for up to 3 months.

Makes 20 servings.



Lemon Dill Baby Lima Beans

Recipe by Deborah Garcia
West Bloomfield, Michigan

Ingredients

16 ounce package frozen baby lima beans
1 tablespoon dill weed
1 teaspoon dill seed
1/4 - 1/2 cup lemon juice
1 teaspoon olive oil



Prepare in advance.
Refrigerates
overnight.

MDHHS - Division of Environmental Health



Place frozen baby lima beans in covered saucepan, with 1/4 cup of water.
Cook until tender (about 10-15 minutes).

Add dill weed, dill seed, lemon juice and olive oil to the pan. Cook, covered
for 5-8 minutes till heated through.

NOTE: best if cooked the day before and refrigerated, covered, overnight.

Eat Safe Fish Quick Reference Guide

Have questions about buying or catching safe fish in Michigan?

Call the Michigan Department of Health and Human Services
at 1-800-648-6942

or visit:

www.michigan.gov/eatsafefish

Have questions about fishing regulations or your fishing license?

Call the Michigan Department of Natural Resources
at (517) 373-1230

Want to know how to ID a fish you caught or find a lake that is stocked with fish?

Call your local DNR Operation Service Center
or visit:

www.michigan.gov/fishid

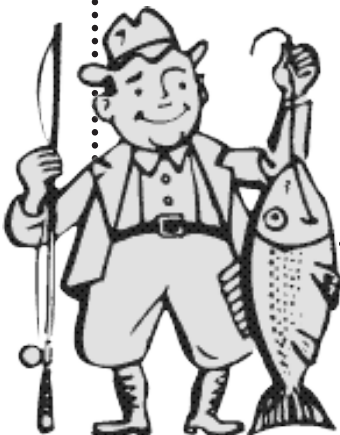
Have a question about choosing planet-friendly and sustainable fish at your grocery store?

Visit:

<http://www.sheddaquarium.org/3155.html>

or

<http://www.montereybayaquarium.org/cr>





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