



Crappie, Perch, Bluegill, & Other Pinfish Recipe Page

BLUEGILL SURPRISE

filleted bluegill small amount of lemon juice	dab of butter small amount of finely chopped onion
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Roll fillets jelly roll style securing them with a toothpick, then place them on a sheet of aluminum foil in a grill. place lemon juice, butter and onion on top of each piece of fish and grill for about 10 minutes

CRAPPIE SCAMPI

crappy fillets crushed garlic melted butter	bread crumbs salt and pepper or fish seasoning
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Spray cookie sheet with Pam. Spread fillets evenly. Drizzle with crushed garlic. Sprinkle with bread crumbs, season with salt and pepper or fish seasoning. Broil until slightly browned.

CRISPY CRAPPIE

25 large crappie fillets cut into 1 - 2" pieces. bowl of ice water Tempura Fish Batter	1/2 teaspoon garlic powder - salt and ground black pepper to taste 1/2 teaspoon soy sauce (optional) Juice from 1/4 squeezed lemon (optional)
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Place pieces of fillets in a bowl of ice water and refrigerate for 15 minutes, Prepare fish batter as directed on package, mix in 1/2 teaspoon of garlic powder and salt and pepper, and ice cold water. (Mix should be thick enough to stick, but thin enough to easily drip.) Add 1/2 teaspoon soy sauce (optional) and juice from lemon (optional) mix. Remove cut fish from water and dab with a paper towel to remove excess water. Dip in batter, let excess drip off and place in deep fryer or frying pan with enough hot oil to cover fish pieces completely. Remove when lightly brown (about 3 minutes)

BATTER-FRIED PANFISH

1/2 cup flour 2 tablespoons cornstarch 1/2 teaspoon salt 1/4 teaspoon pepper 1 egg yolk	1/2 cup water 1 egg white Approximately 1 pound pan fish fillets Oil for deep frying
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Combine the flour, cornstarch, pepper and salt and sift together onto a plate or piece of waxed paper. Beat the egg yolk and water to a smooth cream then incorporate the flour mixture a few tablespoons at a time. Just before using the batter, beat the egg white until stiff enough to stand in peaks when lifted on the beater. Scoop the egg white into the batter and fold it gently with a spoon or spatula.

Heat the oil in a deep heavy pan. Pat the fish fillets dry with paper towel. Pick up fillets with tongs and dip into batter and carefully drop into the hot oil. Deep fry for four to five minutes turn them as they brown. This will require about three minutes. After they brown, transfer the fillets to paper towel or a brown paper bag to drain excess oil.

Arrange fillets on warm platter and serve at once accompanied with wedges of lemon.

SAUCY CHEESE CRAPPIE

1 Lb. of Crappie Fillets (6 to 8) 1 can cream of mushroom soup	1 cup shredded cheddar cheese paprika
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Spray baking dish with Pam, season fillets and put in baking dish. Put cream of mushroom soup over fillets (undiluted) top with grated cheese and sprinkle paprika over top Bake at 350 degrees for 20 to 25 minutes Can be put over noodles or rice or just as a main dish.

FRIED CRAPPIE

1/3 pound Crappie fillets per person 2 cups dry Pancake Mix Salt	Oil for frying Lemon and Pepper seasoning Cocktail Sauce
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Wash and dry fish. Dip fish into water. Sprinkle with salt and lemon pepper. Coat lightly with pancake mix. Fry in deep fat for four or five minutes or until fish flakes easily. Serve with cocktail sauce.

DEEP FRIED CRAPPIE

1 1/2 cups of yellow corn meal 1 egg 1 cup of milk	salt and pepper 6 or 8 crappies fillet Peanut oil for frying
Soak fish in milk for 1 hour (takes out fishy flavor). Remove the filets from milk Sprinkle with salt and pepper and then roll the fish in corn meal. Drop the fillets into a deep fryer and cook the fish until it floats.	

OVEN-FRIED PERCH

1 lbs. Perch Fillets 2 Tbsp. Parmesan Cheese - grated 1/2 Cup Dry Bread Crumbs	1 Tbsp. Margarine melted 1/4 Cup Milk 1/2 Tsp. Thyme
Dip fillets in milk. Combine crumbs parmesan cheese and thyme. Coat fish with bread crumbs. Lay in single layer on greased shallow baking pan. Drizzle with melted margarine. Bake in oven at 450 degrees for 12 minutes per inch of thickness of the fish measured at the thickest part or until fish flakes easily with a fork.	

BEER BATTER

1 cup flour 1 cup flat beer	1/2 teaspoon baking powder 1/4 teaspoon salt
Open bottle or can of beer 24 hours before using, mix all ingredients together. Cut fillets into pieces about 2 inches. Dip in batter. Deep fry till golden brown--about 6 minutes.	

BROILED PANFISH

fillets a little white wine a dot of butter
Lay a layer of fillets in a broiling pan. Sprinkle with a little white wine. Dot with a little butter. Broil a couple minutes-until flesh is white. This is very fast--depending on fillet size. Turn and briefly broil other side. Total cooking time usually less than 5 minutes. Broiling is easy and the fish are delicious!

BLUEGIL CHOWDER

1 Can of Potato soup
Pint of milk

Fresh Minced onion
1 tsp Parsley
Salt and pepper

Dilute a can of potato soup with a pint of milk; heat to just simmering. Add fresh minced onions, to your taste, and a level teaspoon of parsley. Simmer until onions are transparent. Add salt and pepper to suit. Add your Bluegill fillets (do not allow boiling). Stew until fillets become translucent.

GRILLED LEMON-SEASONED FISH

fish fillets
lemon juice

Old bay seasoning or other seasonings

Put fish on some foil with a few drops of lemon juice on each side of fish; add half a teaspoon of Old Bay Seasoning or other seasoning. Cover and set over charcoal or wood fire for 20 to 30 minutes or until fish flakes easily. Put on a drop or two of lemon juice and serve

FISH CASSEROLE

2 pounds boneless fish fillets
(Any fish)
2 cans condensed cream of celery soup
3 cups milk
10 small potatoes peeled and halved

7 tablespoons diced ham
5 tablespoons diced onion
6 slices American Cheese
4 tablespoons grated mozzarella cheese

Coat inside of two-quart casserole dish lightly with oil then lay in fillets. Place potatoes along the sides. In a saucepan heat and mix soup, milk, onions and ham, then pour over fillets and potatoes. Sprinkle on the grated cheese and bake in a 200 F oven for three hours. Lay cheese slices on top and heat until melted.

FISH CAKES

1 cup raw, chopped fish (any species will do)
1 cup milk
1 egg

2 tablespoons potato flour (or dehydrated potato flakes)
1 teaspoon salt
1 tablespoon minced onions

Put all the ingredients except the fish in a blender and spin until thoroughly mixed. Add the fish and blend until the mixture is a smooth consistency. Shape the batter into silver-dollar-sized cakes about 3/8ths of an inch thick, or into one-inch balls, and fry them in butter or shortening until they are brown. Serve the cakes hot--

either alone, with a white sauce or a bit of honey-mustard

Any fresh Pan Fish

small to medium pan sized fish
flour

oil
salt and pepper to taste

small to medium pan sized fish, and lean them ASAP. The intent here is to get the fresh catch to pan as quickly as possible.

Dust the cleaned catch with flour, and drop it into a sufficiently heated pan, with a small amount of oil, preferably oil that has a minimum of its own flavor.

Add salt and pepper to taste as it cooks, flip over when golden brown.

While the 2nd side is being cooked in the pan, use fork to eat the side that is already cooked (now face up) and is obviously still hot. This process usually works well for one or two individuals, but large parties are tough to handle in this manner.

Once the upside is devoured, the side being cooked is about done and merely needs flipping over, and eating may again resume. There you have it, super fresh pan fish that is HOT while you eat it. Nothing fancy though, just good fish flavor. Yes, you are eating from the pan, but camping and fishing is supposed to be a fun experience.

Best Bluegill

bluegill fillets
oil
crackers (ground)

2 eggs beaten
1 cup milk
salt

Preheat oil in fryer at 325. Food process or grind crackers. You want them finely ground. Beat eggs and milk together, wash fillets, pat dry, then dip in milk mixture, place in strainer to allow excess to drip off, roll in ground crackers, fry until golden brown, finally salt to taste