

## **Baja Whitefish Tacos**

### Ingredients

10-15 small taco-sized portions of our ground whitefish  
1/2 package taco seasoning mix  
1 package of small, soft tortillas  
Shredded cabbage-optional

### Baja sauce:

1/2 cup mayonnaise  
1/2 cup sour cream or yogurt  
1/4 cup chopped fresh cilantro  
2 Tbsps. lemon juice  
1/2 package taco seasoning mix  
2 Tbsps. salsa, plus extra for topping if desired

### Directions

Place a skillet over medium heat, add fish (if desired, you can add a little olive oil before adding the fish), stir the fish occasionally while cooking. Once halfway cooked, add 1/2 package of taco seasoning, mix until combined. Continue to stir until the fish is cooked all the way through.

While the fish is cooking, in a separate bowl mix together all of the ingredients for the Baja sauce. Place sauce in the refrigerator until the fish is ready. When the fish is done cooking, heat the tortillas on the stove until warm or microwave for 35 seconds. Assemble the tacos by adding ground fish and Baja sauce to each tortilla. Top with salsa and cabbage.

## **Bread and Whitefish Dumplings**

(courtesy of the National Park Service; adapted from Globo Surf -June 1, 2020)

*Preparation time: 15 to 20 minutes*

*Cooking time: 45 to 60 minutes*

### Ingredients

1 pound of our ground whitefish  
3 eggs  
White pepper  
Salt  
1 teaspoon of dried parsley  
4 slices of white bread  
1/4 cup of butter  
2 onions (thinly sliced)  
2 stalks of celery (chopped)  
1 carrot (chopped)

### Directions

In a 2-quart pot, mix 1 carrot, 2 stalks of celery, 1/4 cup of butter, 1 onion. Add 1/4 teaspoon white pepper, 2 tablespoons of salt, 2 pints of hot water. Boil for 30 to 40 minutes to make a bouillon.

To make the fish mixture, put 1-pound fish, 2 small pieces of celery, and 1 onion through a grinder. Mix with four slices of white bread (rubbed and trimmed to fine crumbs), 1 teaspoon white pepper, 1 teaspoon salt, and 1 teaspoon dried parsley. Add 3 perfectly-beaten eggs and mix. Drop by spoonfuls into your boiling bouillon and cook until done (approximately 5 minutes). Serve with a Chile sauce.

## **Cajun Whitefish**

(courtesy of the Missouri Department of Conservation)

*Serves 4*

### Ingredients

2 cups of our cooked ground whitefish  
1 1/2 teaspoons Cajun seasoning  
1 large red onion  
1/2 teaspoon paprika  
2 bell peppers, green, red or yellow  
3 stalks celery  
1/2 teaspoon salt  
1/4 cup butter  
1/2 teaspoon Tabasco  
4 teaspoons flour  
6 Roma tomatoes chopped, or canned  
1 can (14 1/4 oz.) chicken broth  
1/2 pound peeled large shrimp  
3 T. chopped fresh parsley  
2 cups cooked white rice

### Directions

Cook the fish in a skillet. Reserve 2 cups. Prepare vegetables: slice onion in 1/4-inch-thick rings, then cut the rings in half; slice peppers lengthwise in 1/4" strips; and slice celery 1/2" thick. Melt the 1/4-cup butter in a large saucepan or skillet. Add flour and stir until light brown. Add onion, peppers and celery. Cook and stir until vegetables are softened. Add broth and seasonings.

Bring mixture to a boil, then simmer until vegetables are almost done and broth is slightly thickened, about 15 minutes. Add tomatoes, shrimp and fish. Cook until shrimp is done, about 5 minutes. Serve over rice and garnish with parsley.

## **Cheesy Whitefish Burgers**

(courtesy of Dirk Fucik, Dirk's Fish, Chicago)

### Ingredients

2 pounds of our whitefish, ground  
1/2 cup panko bread crumbs( this is optional)  
2 tablespoons fresh garlic, chopped  
2 tablespoons olive oil  
1 tablespoon lemon zest  
4 teaspoons dry oregano or 2 teaspoons fresh oregano  
2 teaspoons black pepper  
1 1/2 teaspoons kosher salt  
1/2 teaspoon nutmeg

Optional-soft cheese (such as Cambozola)

### Directions

Combine all ingredients except panko crumbs. I like to grind the fish twice to blend the spices. Add panko crumbs and form into patties or choose not to use breading. The burgers will be a little softer but just handle with care.

My newest twist is to add one of my favorite cheeses, Cambozola to the inside of the burger. The soft cheese melts inside as the burger cooks and oozes out when you eat it, fantastic!

If you want to add cheese, use a soft cheese. Form a small ball of cheese and insert into the center of the burger. Form the burger around the cheese.

Cook for about 5 minutes per side on a hot grill, the cheese will start leaking out when they are almost done.

## **Creamy Pasta with Whitefish**

(courtesy of Globo Surf -June 1, 2020)

*Preparation time: 10 minutes*

*Cooking time: 30 minutes*

### Ingredients

Our ground whitefish, cooked  
8 ounces of pasta  
8 bacon slices  
1 big onion (sliced)  
1 tablespoon of Oregano  
1 tablespoon of Sugar  
1 tablespoon of garlic powder  
1 cup of parmesan cheese  
1 jar of creamy, white sauce (such as Alfredo)

### Directions

Cook the chosen pasta according to the package instructions.

Cook eight slices of bacon until they become crisp. Drain them off and keep 2 tablespoons of bacon fat.

Using the bacon fat in step 2 above, sauté garlic powder, onion, oregano, and sugar. Drain the fat.

Add a package of white sauce with a cup of parmesan cheese to the garlic powder, onion, oregano, sugar, crisp bacon, mixture and add your whitefish. Cook the mixture until it becomes thick.

Pour your mixture over the hot pasta and serve.

## **Jamaican Jerk Whitefish**

(courtesy of Duane Chapman, U.S. Geological Survey)

*Serves 4*

### Ingredients

1½ t paprika  
½ t garlic powder  
½ t cayenne  
¼ t thyme  
½ t white pepper  
½ t onion powder  
1 t salt  
½ t fresh ground black pepper  
¼ t oregano  
2 pounds of our ground whitefish  
Juice of 1 lime

### Directions

Combine the first 9 ingredients (paprika through oregano) in a small bowl. Then place the whitefish in a resealable plastic bag with the spices and add lime juice to the bag. Seal the bag and shake to combine all ingredients. Marinate 20–60 minutes. (Do not exceed a 60-minute marinade time, or the acid in the juice will begin to “cook” the fish).

Cook in a skillet over medium heat. Serve over rice.

## **Mediterranean Whitefish Burgers with Arugula, Tzatziki and Pickled Onions**

(courtesy of Dirk Fucik, Dirk's Fish, Chicago)

### Ingredients

#### Pickled Onions

8 cups red onion, thinly sliced  
1 1/2 cups white vinegar  
6 tablespoons sugar  
2 teaspoons kosher salt  
1 teaspoon anise seed or anise star  
2 bay leaves  
1 dried red chili pepper or fresh serrano chili

#### Fish

2 lb of our ground whitefish  
2 tablespoons fresh garlic, finely minced  
1 tablespoon lemon zest  
4 teaspoons dry oregano or 2 teaspoons fresh oregano  
4 teaspoons black pepper  
1 1/2 teaspoons kosher salt  
1/2 teaspoon nutmeg, freshly grated  
Arugula

### Directions

#### Onions

Use a mandolin or food processor to slice onions. In a non reactive sauce pan, put vinegar, sugar, salt, anise, bay leaves, and pepper. Bring to a boil, lower to simmer. Cook for 5 minutes. Add onions and simmer for 5 minutes. Let cool. Put in a container with a lid. Refrigerate until ready to use. Keeps refrigerated for up to a month.

#### Fish

Combine all ingredients, mix well. Form into oval patties using 1/2 cup measure, makes 12 patties. Refrigerate for 30 minutes. Brush patties with canola oil before grilling. On a medium high grill, cook 4 to 5 minutes per side.

Cut the pita in half, toast on the grill. Slide burger into pita, add arugula, tzatziki, and onions. Take a big bite and enjoy!

## **Moroccan Spicy Whitefish**

(courtesy of Globo Surf -June 1, 2020)

*Preparation time: 10 minutes*

*Cooking time: 30 to 35 minutes*

### Ingredients

1 pound of our ground whitefish  
3 tablespoons of oil  
2 tablespoons of parsley  
One chopped onion  
8 cloves of chopped garlic  
2 tablespoons of tomato sauce  
2 tablespoons of lemon juice  
Salt  
Pepper  
Cumin or coriander

### Directions

Fry your onion and parsley until the onion gets soft.

Add water and the other ingredients and stir until they become blended. Cook the sauce for 5 to 10 minutes.

Cook the whitefish in the spicy broth for 25 minutes.

## **Whitefish Cakes**

(courtesy of Chef Philippe Parola)

*Serves 4*

### Ingredients

1 pound of our whitefish ground  
1 T lemon juice  
8 T unsalted butter, melted  
2 T bread crumbs  
1 T Dijon mustard  
1 cup seasoned flour\*  
1 egg, beaten  
4 T vegetable oil

### Directions

Cook the fish until fully cooked. Place the meat into a mixing bowl. Add butter, mustard, half the egg and lemon juice; mix well. Add breadcrumbs and season to taste. Form small cakes with the fish mixture. Coat with remaining egg and seasoned flour. Pan fry in cooking oil over medium-high heat 4-5 minutes or until golden brown.

\*To make seasoned flour add salt, pepper and your favorite spices (for example: dry mustard, dried basil, garlic powder, paprika, celery salt, etc.) to 1 cup of flour.

## **Whitefish Chowder**

(courtesy of Globo Surf -June 1, 2020)

*Preparation time: 5 minutes*

*Cooking time: 40 minutes*

### Ingredients

2 ground pounds of our whitefish  
Salt and pepper  
1 teaspoon garlic powder  
1 quart of heavy cream  
2 tablespoons of thyme  
1.5 cups of corn nuggets  
1.5 cups of lima beans  
1 cup of onions (chopped)  
1 cup of celery (chopped)  
1/3 cup of flour  
1/3 cup of butter, melted

### Directions

In a microwave, cook the whitefish.

Mix the butter and flour

On the stove, simmer the whitefish, thyme, pepper, salt, garlic powder, and vegetables in heavy cream until thickened. Add butter and flour and cook for 30-40 minutes.