

Kawm Filet ib tug ntse

1

Ua tus thawj muab qab lub hau xiab. Txiav kom riam nphav rau qaum. Tsis txiav los ntawm nws.



2

Tig ntse thiab khiav raws txoj cai qaum thiab tis ntse dorsal riam. Txiav sib sib zog nqus txaus rau thaws rab riam nyob saum lub tawb tav.



3

Thaum uas cov hniav riam lawm hu lub tawb tav, thawb riam los ntawm tus dav ntawm tus ntse ua noj. Cov hniav yuav tawm hauv qab nyob ze lub qhov quav. Mus txiav ib tus pob txha kom txog rau thaum cov filet hlais ntawm tus Tsov tus tw.



4

Tshem cov tawv nqaij ntawm lub filet los muab riam tom tw thiab tej nqaij ntawm daim tawv nqaij. Tuav lub filet nyob hauv txoj hauj lwm los ntawm nias los ntawm daim tawv nqaij, uas koj ntiv tes xoo.

Tshem tawm kev pom ntxiv roj ntawm koj cov ntse filet lub sij hawm no, ib yam nkaus thiab.



Ceeb toom: Yog hais tias muab ci, koj yuav kom koj cov ntse, koj yuav tau tawm mus rau ntawm daim tawv nqaij ntawm. Tsuas nco ntsoov ua taum qhov rau daim tawv nqaij ces cov rog hauv lub filet yuav nrog kua tam sim ntawd.

Ib co tshuaj ua sau nyob rau hauv roj ntse. Txo cov tshuaj raws li ib nrab ntawm tshem tawm cov roj thiab ua koj filet rau kev kos los yog ci thiaj li muaj muaj roj ntau tau nrog kua tam sim ntawd. Mercury tsis tau tawm li no kiag li xaiv.

Xav paub ntau ntxiv: www.michigan.gov/eatsafefish yog 1-800-648-6942



Michigan Department of Community Health



Ntse filet duab thiab cov lus qhia zoo ntawm Ohio DNR.

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



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!

Hooked on Fish: Recipes from the Great Lakes State

www.michigan.gov/eatsafefish

Fish Boil (aka Poor Man's Lobster)

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)



Peel potatoes and onions, place in a large 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

In a small saucepan, melt **2 sticks of 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.

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