

Aprenda a filetear un pescado

1

Realice el primer corte detrás de las branquias. Corte solo hasta que el cuchillo toque el espinazo. No corte el espinazo.



2

Dé vuelta el pescado y deslice el cuchillo por el espinazo y la aleta dorsal. Haga un corte lo suficientemente profundo como para que el cuchillo se deslice por la parte superior de la caja torácica.



3

Cuando la hoja del cuchillo ya no esté en contacto con la caja torácica, presione el cuchillo a lo ancho del pescado. La hoja saldrá por la parte inferior, cerca de la ventosa anal. Siga deslizando el cuchillo a lo largo del hueso hasta llegar a la cola.



4

Retire la piel del filete, insertando el cuchillo a la altura de la cola y separando la carne de la piel. Presione la piel con el pulgar para que el esté firme.

Retire la grasa restante visible en este momento.



Recuerde: si va a asar el pescado al grill, es posible que no desee retirar la piel. Asegúrese de perforar la piel para que la grasa pueda chorrear.

Ciertos químicos se almacenan en la grasa del pescado. Es posible reducir hasta la mitad la cantidad de químicos, si retira la grasa y cocina el filete en una rejilla o al grill, donde la grasa pueda chorrear. Sin embargo, no es posible quitar el mercurio de esta manera, por lo que debe elegir sabiamente.

Más información: www.michigan.gov/eatsafefish o 1-800-648-6942



Michigan Department
of Community Health



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!

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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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