



E-Cookbooks Recipe Sampler

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Fish & Game Recipe Sampler

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Baked Mahi–Mahi with Dill Sauce

1/4 cup sour cream
1/4 cup plain yogurt
1 tablespoon mayonnaise or salad dressing
1 tablespoon minced fresh dill or 1 teaspoon dried dill
1/2 teaspoon Dijon mustard
1/8 teaspoon bottled hot pepper sauce
Salt & pepper to taste
2 Mahi–Mahi Steaks
1 tablespoon vegetable oil
1 tablespoon lemon juice
Salt
White pepper

Combine our sour cream, yogurt, mayonnaise, mustard, and hot sauce. Stir in dill; add salt and pepper to taste. Blend well. Allow to stand at least 1/2 hour to blend flavors. Serve at room temperature. May be refrigerated up to 24 hours.

Pat fish dry with paper towels. Combine oil and lemon juice; brush on both sides of fish. Season lightly with salt and white pepper. Place an inch apart in a lightly oiled baking dish. Bake at 450F for approximately 15 minutes. When fish tests are done, transfer to warm plates. Spoon Dill Sauce over fish.

Baked Possum

- 1 large possum, skinned, dressed, and washed
- 1 quart beer
- 4 tablespoons Tabasco sauce
- 1 1/2 tablespoons salt
- 2 onions, chopped
- 1 clove garlic, minced
- 2 tablespoons Worcestershire sauce
- 4 sweet potatoes
- 2 ribs celery, chopped
- 1 oz. whiskey

Mix the beer, whiskey, salt, Tabasco sauce, and Worcestershire sauce together. Place possum in a large roasting pan. Sprinkle the celery, onions, and the garlic all over the possum. Pour the liquid mixture over the possum as well. Cover and refrigerate overnight.

Preheat oven to 350F. Place the sweet potatoes around the possum. Bake covered for 1 1/2 hours. Baste once or twice with the marinade from the pan as the possum cooks.

Baked Walleye with Carrots

1 1/2 pounds walleye fillets, skin removed
2 cups grated carrots
3 tablespoons margarine or butter, melted
2 tablespoons lemon juice
1/4 teaspoon ground thyme
Salt to taste
3 tablespoons margarine or butter
3 1/2 tablespoons flour
Salt and pepper to taste
1/3 cup milk

Heat oven to 450F. Spray a 13 x 9-inch baking dish with nonstick vegetable cooking spray. Arrange fillets, slightly overlapping, in prepared dish. Set aside. In medium bowl, combine carrots, melted margarine, juice, thyme and salt. Spread mixture evenly over fillets. Cover with foil. Bake for 25 to 30 minutes, or until fish is firm and opaque and just begins to flake. Drain liquid from fish into a 2-cup measure. Cover fish with foil to keep warm. Set aside. Add water to liquid in cup to equal 1 1/3 cups.

In a 1-quart saucepan, melt 3 tablespoons margarine over medium heat. Stir in flour, salt and pepper. Blend in cooking liquid mixture and milk. Cook for 5 to 7 minutes or until mixture thickens and bubbles, stirring constantly. Pour sauce evenly over fish and serve over hot rice or linguine.

Bass with Avocado Sauce

1 small ripe avocado coarsely chopped
1/4 cup skim milk
1 tablespoon lime juice
1 garlic clove minced
1 dash hot sauce
2 tablespoons lemon juice
1 tablespoon soy sauce
1 teaspoon lemon rind grated
1 teaspoon Dijon mustard
16 ounces bass fillets
1/3 cup dry bread crumbs fine
vegetable cooking spray

Combine the first 5 ingredients in a blender; cover and process until smooth. Set mixture aside. Combine lemon juice and next 3 ingredients in a shallow dish; dip fillets in lemon juice mixture, and dredge in bread crumbs. Place on a baking sheet coated with cooking spray. Bake at 450 degrees F for 7 minutes; turn fillets over, and bake an additional 7 minutes or until fish flakes easily when tested with a fork. Transfer fillets to a serving platter, and top with avocado sauce.

Blackened Salmon

6 Salmon Fillets, 1/2 – 3/4 inch thick, skinned
2 1/2 cups unsalted butter or margarine
1/2 cup fresh lemon juice
1 1/2 teaspoons cayenne pepper
1 teaspoon salt
2 teaspoons fresh ground black pepper
1 Tablespoon dried thyme (do not use fresh – it will burn)
Lemon wedges and Parsley for garnish

Trim off the thin edges of fillets as these would burn. Pat dry and refrigerate until ready to cook. The butter sauce adheres better to cold fillets.

In heavy 3–quart cast–iron frying pan over medium heat, melt butter, add lemon juice, cayenne, salt, black pepper and thyme. Stir to blend; cool to lukewarm.

Place an empty 10–inch cast–iron skillet over high heat until bottom has a definite white haze and begins to smoke slightly. Remove fish from refrigerator; dip 1 fillet in warm butter sauce, coating well. Place fish in hot skillet, taking care that spits and spatters do not burn you. Fish will sear and cook almost immediately. Turn fillet over; blacken other side. Repeat with remaining fillets.

Reserve remaining butter sauce. As fillets are cooked, place them on individual plates; keep warm. Discard accumulated butter sauce in skillet and charred bits between batches. When all fillets have been cooked, wipe skillet clean and place empty skillet back on heat. Add reserved butter sauce; carefully swirl skillet 5 or 6 times to blacken butter. Remove pan from heat; drizzle butter over each fillet. Garnish and serve hot.

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