

Alaska Department of Fish and Game  
Sport Fish Division  
Burbot Recipes



# Burbot Recipes

Few people know that a member of the codfish family lives in many of the freshwaters of Alaska. This LITTLE KNOWN FISH, the burbot, has several other locally used names, such as Lingcod, Lawyer, or Lush. Burbot are not generally utilized because of its somewhat unattractive appearance and a lack of know-how in preparing for the table.

In general appearance and in the flavor and texture of its flesh, the burbot resembles the better known codfish that is taken from the ocean waters off the New England coast. The Alaskan burbot has firm, white, flaky flesh that is mild flavored, low in oil, and surprisingly free from bones. It is therefore relished by those who desire a high protein food that is low in fats.

When the fisherman of the house returns with a catch of burbot, they can be prepared in many appetizing recipes. Its' large liver, which is seldom used because of lack of knowledge, contains a large amount of an easily digested oil that is rich in vitamins A and D.

The following recipes are presented by the staff of the Division of Sport Fish to help Alaskans further appreciate the fishery resources to be found in our great state.

# Top-of-the-Stove Recipes

Sprinkle prepared fillets with salt and pepper. Roll them in flour or cornmeal or in a mixture of cornmeal and flour. Place fillets, skin side down, in a heated skillet (preferably heavy iron) with 2 TB. shortening. Brown on side, and turn over to brown other side. Reduce heat and cook until done (15-20 minutes, depending on the thickness of the fillet). Cornmeal coating gives a crisper crust to the fish than flour.

## Deep Fat Fried

Cut prepared, seasoned fillets into serving pieces, dip in cover batter, and fry in deep fat heated to 360° for 4-5 minutes. Drain on absorbent paper.

### *Cover Batter*

- 1 slightly beaten egg*
- 1 cup milk*
- ½ tsp. salt*
- 1 tsp. melted shortening*
- 1 cup flour*

## Boiled

- (A) Simmer prepared fillets for 18 minutes in 1 quart plain water to which 1 TB of salt has been added.
- (B) Simmer prepared fillets for 18 minutes in 1 quart water with 1 TB salt and ½ TB lemon juice.

## Steamed

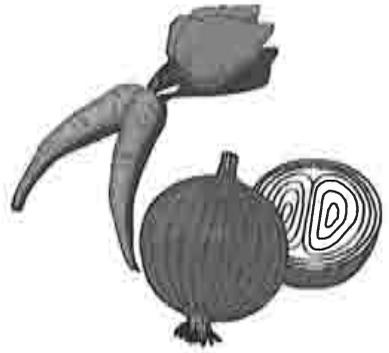
Season prepared fillets with salt and pepper and place in cheesecloth in a steamer. Steam 20 minutes.

## Creole

- |                          |                              |
|--------------------------|------------------------------|
| 2 onions, sliced         | 2 cups tomatoes              |
| 4 stalks celery, chopped | 1 TB vinegar                 |
| 2 TB butter              | 1 tsp. sugar                 |
| 1 TB flour               | 2 cups fish, cooked & flaked |
| 1 tsp salt               | 2 cups cooked Peas           |
| 2 tsp. chili powder      | 3 cups hot boiled rice       |
| ¾ cup water              |                              |

Fry the onions and celery in butter until lightly browned. Add flour; mix until smooth; add salt, chili powder, and water slowly; cook 15 minutes. Add tomatoes, peas, vinegar, sugar and fish. Cook until thoroughly heated. Serve in a rice ring or on rice. Serves 8.

# More - Top-of-the-Stove Recipes...



## Hash

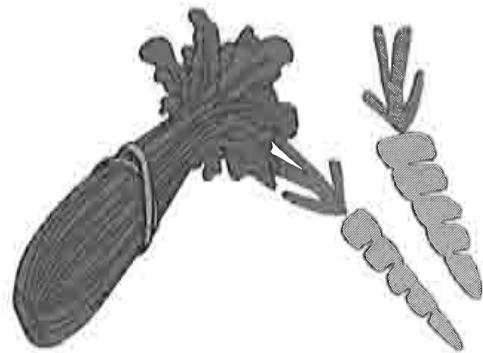
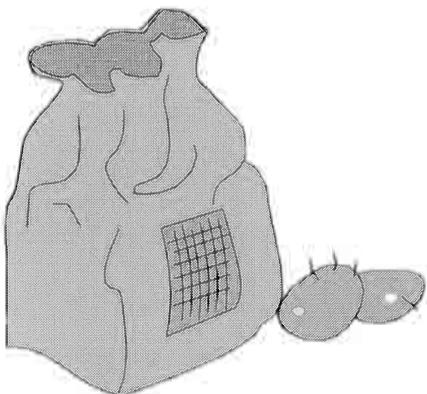
- 3 cups burbot, simmered in lemon stock
- 6 small cooked potatoes
- 3 small cooked carrots
- 1½ onions
- 4-6 TB oil
- 1½ tsp. dehydrated parsley flakes
- salt & pepper

Put the fish, from which all bones have been removed, potatoes, carrots, and onion through the food chopper. Add the parsley; mix well, and season to taste. Put fat in a frying pan, add the hash, and cook slowly, until browned. Serves 6-8.

## Creamed Burbot and Vegetables

- 1 cup steamed, flaked burbot
- 1 cup diced cooked carrots
- 1 cup cooked peas
- 2 cups thin white sauce

Mix together all ingredients; season to taste. Serve hot on buttered toast, baking powder biscuits, fried noodles or waffles. Serves 6.



# Oven Recipes

## Broiled Fillets

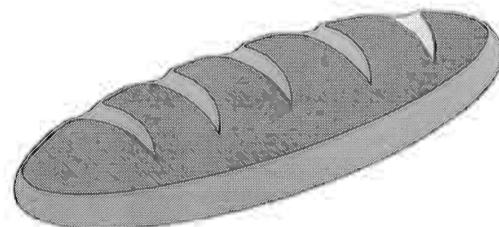
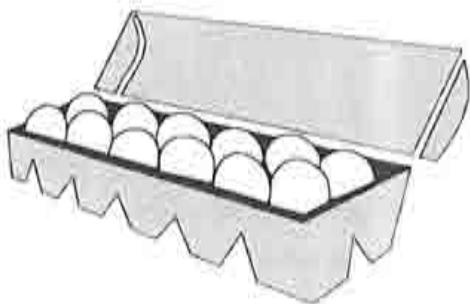
Cut prepared fillets into serving-size portions, season with salt and pepper, brush with melted butter, and place skin-side down on oiled broiler tray. Preheat oven to 450° F. Cook 6 inches from a low flame for 12-14 minutes, depending on the thickness of the fillet.

- Variations:
- A) Place finely chopped onion on seasoned, oiled fillet. Broil
  - B) Place a strip of bacon on seasoned, oiled fillet.
  - C) Spread broiled fillet with tomato sauce and grated cheese; broil until cheese melts.

## Souffle

- |                               |                                         |
|-------------------------------|-----------------------------------------|
| 1 ½ TB butter                 | 1 tsp. salt                             |
| 1 TB flour                    | 1 ½ cups burbot, cooked and flaked      |
| 1 TB minced parsley           | ½ cup cooked rice                       |
| 1 cup milk                    | 3 eggs                                  |
| 1 small onion, finely chopped | 4 TB canned tomato soup or tomato puree |

Melt the fat; blend with the flour; add milk gradually with constant stirring, and cook until the white sauce thickens. Add the minced parsley and chopped onion; cook a few minutes. Add tomato soup, salt, rice and fish. Carefully add the beaten egg yolks and fold stiffly beaten egg whites into the mixture. Place in a greased baking dish. Set the baking dish in a pan of hot water. Bake at 350° F for 45-60 minutes, or until the mixture will not stick to a silver knife thrust into it. Serve at once. Serves 4.



# More Oven Recipes...

## Dorothy's Casserole



1 cup milk  
3 TB butter  
2 TB flour  
1 cup steamed burbot fillet

4 TB. lemon juice  
½ tsp salt  
½ tsp chopped parsley  
dash cayenne

Melt the butter in top of double boiler. Add flour and blend well. Add hot milk gradually and stir constantly until thickened and smooth. Remove from heat; add salt, cayenne, and lemon juice gradually.

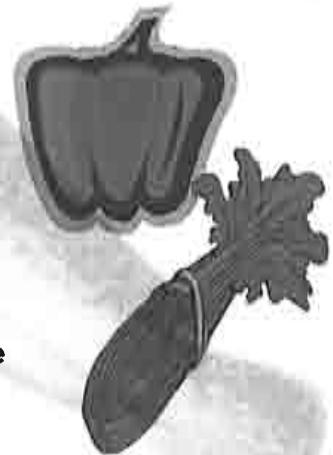
Remove any bones from the steamed burbot and break the fish into bite-sized pieces. Place in a well greased casserole dish or ramedins, cover with sauce, and bake at 350°F for 30 minutes. Serve hot with chopped parsley sprinkled over the top. Serves 2.

## Roll With Cheese Sauce

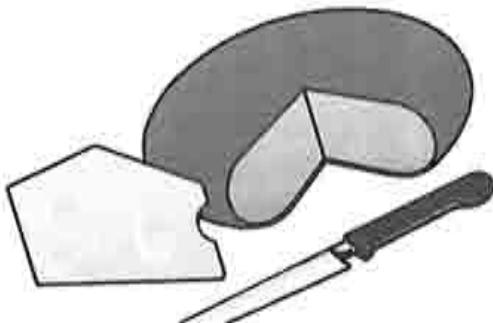
3 tsp chopped pimento  
3 tsp chopped green pepper  
1 cup finely flaked, steamed burbot  
3 tsp chopped celery  
Salt & Pepper

6 TB butter  
6 TB flour  
3 cups hot milk  
¾ tsp salt  
½ cup grated cheese

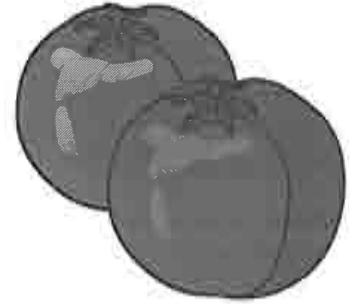
### Biscuit Dough



Blend the fish, pimento, green pepper and celery. Add enough cheese sauce to make the fish mixture easy to spread. Season to taste with salt and pepper. Roll out biscuit dough to make a rectangle ¼ inch thick. Spread the burbot mixture over the dough; roll like a jelly roll. Place the roll in a greased tin, slash top, and bake at 400°F for 30 minutes, or until done. If preferred, the roll may be cut in 1-inch slices and baked, cut side down, for 10-15 minutes. Serve hot with cheese sauce. Serves 2.



## Stuffed Tomatoes



1½ cups steamed flaked burbot  
3 tsp chopped parsley  
6 TB bread crumbs

6 TB fish broth  
salt & pepper  
3 tomatoes

Mix well the first four ingredients, season to taste. Cut tomato in half. Scoop out the seeds and pulp, and fill with the fish mixture. Place in a greased baking dish and bake for 20 minutes in a moderate (350° F) oven. During the baking period, baste with melted butter mixed with hot water. Serves 6.

## Sandwiches and Salads

### *Burbot Fillet*

1 qt water  
1 TB salt  
½ TB lemon juice  
½ cup catsup

### *Cocktail sauce*

1 tsp prepared mustard  
1 TB lemon juice  
1 TB worcestershire sauce

Simmer the fillet in the seasoned water for 20 minutes. Cool, remove any bones and break the fillet into bite-sized pieces. Place on lettuce in cocktail glasses. Chill, and serve with cocktail sauce. Serves 6-8.

## Molded Salad

2 cups flaked fish  
½ TB salt  
1 ½ TB sugar  
½ TB flour  
1 tsp mustard, dry  
Few grains cayenne  
2 TB chopped green pepper

2 egg yolks  
1 ½ TB melted butter  
¾ cup milk  
¼ cup mild vinegar  
¾ TB gelatin, soaked in 2 TB cold water  
4 TB catsup



Mix dry ingredients; add egg yolks, butter, milk and vinegar. Cook over boiling water, stirring constantly until the mixture thickens. Add soaked gelatin, stir until dissolved. Add catsup, green pepper, fold in burbot. Mold, chill, and serve. Serves 6 to 8.

## Loaf

2 cups steamed, flaked burbot	1/2 cup tomato soup
1/2 cup cracker crumbs	1/2 cup water
1 cup milk	salt & pepper
2 eggs, beaten	

Blend the fish, crumbs, milk and eggs, and season to taste with salt and pepper. Form into a loaf and place in a greased loaf tin. Bake in a moderate oven (350°F) for 10 minutes. Pour the soup, diluted with the water, over the loaf, and continue baking for 20 minutes. Serves 6.

## Stuffed Burbot Roll

### *Celery Bread Stuffing*

1 1/2 cups stale bread	6 TB hot water
2 TB melted butter	1/4 cup diced celery
1/4 tsp salt	1/2 tsp chopped parsley
pepper to taste	1 lb burbot fillet

Cut the raw fillet crosswise into 2-inch strips. Sprinkle with salt, and spread with dressing. Roll like a jelly roll, fasten with skewers, and place, cut side down, in a greased baking dish. Bake at 350°F for 30-40 minutes. Baste occasionally with a mixture of melted butter and hot water. Serves 4.

## Deviled Burbot

2 TB butter	2 cups fish, steamed and flaked
3/4 cup bread crumbs (set aside some for topping)	2 egg yolks, beaten
1 cup cream	salt & cayenne pepper
1/2 tsp dry mustard	Tobasco sauce (optional)

Mix and heat the first four ingredients; then add the rest. Put in shells or ramekins, sprinkle with the remainder of bread crumbs, dot with butter, and brown in the oven at 375° F. Serves 6.



## Burbot Potato Salad



1 cup steamed, flaked burbot  
1 cup cooked, diced potatoes  
1 tsp salt  
2 TB mayonnaise  
1 TB diced green pepper

1 slice diced cooked bacon  
4 TB diced cucumbers  
few grains of pepper  
1 TB chopped onion  
4 TB chopped celery

Mix thoroughly all ingredients. Season to taste. Chill. Serve on lettuce leaf.

## Broiled Burbot Sandwich

### *Sandwich Filling*

1/4 cup steamed, finely flaked burbot  
1 tsp grated onion

3 TB mayonnaise  
salt, few grains of cayenne

Mix the ingredients together thoroughly with a fork and season to taste. Chill. Then make the sandwiches as follows: butter the bread on one side, cover with sliced cheese, spread with fish filling. Place on preheated broiler pan about 5 inches from the flame, and broil until the cheese is melted and fish slightly browned, approximately 10 minutes. Serve immediately. Makes one sandwich.

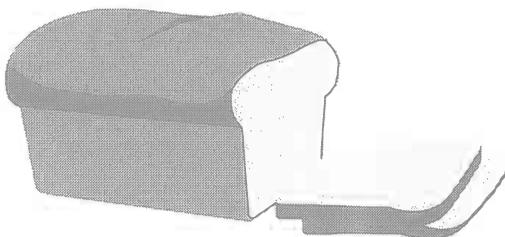
**Variations:** Spread bread with softened cream cheese first, then fish filling. Broil as before.

### *Olive Filling:*

1/4 cup burbot, finely flaked  
1 tsp chopped stuffed olives  
1 tsp chopped hard-cooked egg

3 TB mayonnaise  
salt  
dash of cayenne

Blend well with a fork. Season to taste. Chill. Makes one sandwich.



Dave Parker's Upper Tanana "Lobster"  
(made with burbot)

- 1) Skin and filet burbot.
- 2) Cut meat into chunks (bite-size).
- 3) Simmer in a frying pan in a mixture of 50% Chablis white wine and melted butter until consistency of cooked lobster tail.
- 4) Drain and throw away all wine-butter mix.
- 5) Melt butter while simmering burbot.
- 6) Dip in butter to eat.

Pittman's Poor Mans Lobster (Burbot)

1/4 cup sugar  
1 lb burbot  
1 tsp salt

Heat 1 1/2 " water in 10" skillet, bring to boil and add sugar and salt, reduce heat. Arrange fish in single layer and simmer uncovered until fish flakes easily, 4 to 6 min. Serve with parsley butter (see below). Serve immediately.

*Parsley butter:* 1/4 cup butter, 1 TB chopped parsley, 1 TB lemon juice, 1/4 tsp salt, & 1/8 tsp red pepper sauce. Heat all ingredients over low heat until butter melts.

