

Lake Trout Recipes

Lake trout are excellent to eat. The flesh will be colored from bright orange to off white. The larger fish will tend to be oilier than the smaller sized fish. Lake trout are delicious pan fried, deep fried, baked, and even boiled. Seasoning is limited to your own tastes and imagination. Serve your dish with coleslaw or green salad, potatoes, and garlic bread. Add apple pie with ice cream and you have a nice meal that everyone will enjoy.

To prepare the lake trout for eating most anglers will fillet, skin-or you may leave skin on, remove the lateral line and all gray flesh. That leaves a nice piece of fish fillet to use for cooking your recipe. To grill your fish a wire basket is a great tool to use. Spray the basket with oil to speed up the cleaning process. Here are some recipes.

Mack Cakes with Aeole Spread

Same day make and set aside 4-6 cups fresh herb bread crumbs. Canned ones are too dry and sour dough changes the taste.

Spread: Combine and refrigerate

1 1/2 cups real mayonnaise
1 large dill pickle, minced
1 cup pecans, finely chopped
Juice of 1/2 large lemon
2 tablespoons finely minced dill

Cakes: Combine-let stand 10 minutes-shape into 6 patties.

4 cups cubed lake trout fillets
1-1 1/2 cups finely prepared bread crumbs from herb bread
1/2 cup minced onion
1 egg, well beaten with 1 tablespoon water
Salt & pepper to taste

Coat patties in remaining bread crumbs to cover. Fry in med-hot skillet with 2 tablespoons butter and 2 tablespoons olive oil. Fry till crusted, turn once. Set aside. To SERVE: slather aeole on both sides of a bun or bread, top with greens; add patty with slices of dill pickle.

Mac Fillets Courtesy of Maureen Theiler

Combine 1 1/2 cups pecans with 2 tablespoons pepper corns-red, white, green, and black. Process till finely ground.

Dredge the fillets in the combination and fry in a med-hot non-stick fry pan with 3 tablespoons butter & 2 tablespoons olive oil till browned and crusted. Turn once. Cooking time should be about seven minutes. Longer and the fillets will be dry. Serve with greens dressed with Huckleberry vinaigrette.

Huckleberry Vinaigrette Recipe

½ cup Huckleberry Vinegar
(see recipe)
¼ cup canola oil

2 tsp. sugar
½ tsp. Dijon-style mustard
1 Tbsp. finely chopped onion
¼ tsp. salt

Combine all ingredients in a blender or food processor. Cover and blend or process until nearly smooth. Serve immediately or cover and store in the refrigerator for up to 1 week. Stir before using. Makes about 1 cup.

Huckleberry Vinegar Recipe : Place 1 cup huckleberries in a medium bowl; set aside. In a medium stainless-steel, nonstick, or enamel saucepan combine ¼ cup sugar and 2 cups white wine vinegar. Bring just to boiling over medium-high heat, stirring to dissolve sugar. Pour vinegar mixture over berries in bowl. Cool slightly. Cover; let stand at least 8 hours. To store, transfer vinegar to a clean 1-quart jar. Cover tightly with a nonmetallic lid (or cover with plastic wrap; tightly seal with metal lid). Store in a cool, dark place for up to 6 months. Stir before using. This recipe prepares approximately 2½ cups.

Asian Honey Lake Trout

8 oz crushed pineapple, drained
1/3 cup chopped onion-I used yellow but next time I'll try green
1/4 cup honey
3 Tbs. soy sauce
2 Tbs. hoisin sauce-go to the Oriental section of your grocery
2 Tbs. lime juice
2 Tbs. white wine or apple juice
2 teaspoons grated & peeled fresh ginger
1 1/2 teaspoons cornstarch
2 jalapeno chilies, finely chopped
1 garlic clove, chopped
4 lake trout fillets
Mix all ingredients except fish stir well. Set aside.
Place fish in a baking dish and pour sauce over the fillets.
Bake at 425 degrees for 15 minutes. Serve over hot steamed rice.
Freezes well for left over's.

"Mack" Days Breading

Lake trout fillets sliced in 1/2" pieces.

2 cups flour
1/2 cup cornmeal
2 Tbs. salt
2 Tbs. ground mustard
2 Tbs. paprika
2 Tbs. garlic salt
1 Tbs. celery salt
1 Tbs. pepper

1 teas. ground ginger

1/2 teas. dried thyme

1/2 teas. dried oregano

Combine all ingredients. Place 1/2 - 1 cup in large resalable plastic bag.

2 eggs

1/2 cup milk-Mix milk and eggs together.

Dip fish fillets in egg mixture. Place fillets-a few at a time in bag with breading mix and shake or roll in breading. Fry in hot oil until golden brown.

Note-Works great on chicken-after browning pieces-place in the oven to finish cooking.



Poor Man's Lobster

6-8 potatoes-cut into quarters

6-8 carrots-sliced into 1" pieces

4-6 onions-sliced

1/2 cup of salt

5 lbs. Fillets-cut into pieces (golf ball size)

Butter

Lemon Pepper

Parsley

Bring 1 gallon of water and the salt to a boil in a large kettle. Add vegetables to boiling water. Keep water

at a rolling boil at all times to keep salty taste from becoming too strong. Boil 10 min.

Add fish-keep water boiling-boil for another 10 minutes. Cook until fish flakes easily with a fork. Do not overcook. Drain water off. Place on platter and drizzle with melted butter. Sprinkle with lemon pepper and parsley. Feeds a crowd!!

Sweet 'n' Sour Lake Trout

Combine: 1/2 cup brown sugar, 1 cup vinegar, and 2 Tbs. soy sauce-bring to a boil. Add 1 tomato

and 1-2 onions (cut into wedges), 2 green peppers-sliced, and 8 oz. crushed pineapple or pineapple tidbits w/juice. Mix. Add 2 Tbs. cornstarch that has been mixed with 2 Tbs. of water, and cook and stir until the mixture is thickened. Add 3 teaspoons of vegetable oil to the mixture.

Take 2 Tbs. of melted butter and brush over 4 lake trout fillets in a baking dish (use a rack in the baking pan if you have one available). Bake at 350 degrees for 15-20 min. Drain and place fillets on

bottom
of the pan. Pour half of the sauce over the fillets and bake for 25-30 min. Place on serving plate
or
container and cover with remaining warmed sauce.

Crispy Trout

2 lake trout fillets-skin removed
1 cup crushed saltine crackers
1/2 teaspoon salt
1/2 teaspoon garlic salt
1/2 stick butter or margarine, melted
2 tablespoons olive oil

Cut lake trout fillets into small serving size pieces. Mix the crackers, salt, celery salt, and garlic salt in a bowl. Dip the fillets in melted butter then in the crumb mixture. Heat oil and fry fillets for 5 minutes or until golden brown and turn and cook the other side. Remove and serve.

Grilled Lemon Pepper Lake Trout

Fillets of trout-skin on
Grill using high heat or hot coals-grill fish hot and fast.
Spray racks with oil before grilling-saves on the clean-up
Place fillets on the grill skin side down and baste with lemon juice and lemon pepper. Cook until the skin turns black and flip fillets over carefully. Remove the skin and baste with lemon juice and sprinkle with lemon pepper. Cook until bottom side is golden. Flip back and cook skinned side until golden.

Pan Fried Lake Trout

4 fillets of lake trout
1/2 cup grated Parmesan cheese
1/2 cup bacon flavored crackers for a smoky taste
or saltines, crushed
1/2 cup cornmeal
1/4-1/2 teaspoon garlic salt
Pinch pepper
2 eggs
1/2 cup milk
1/2 cup vegetable oil

Lemon wedges and/or snipped fresh chives or parsley, optional

Rinse fillets in cold water, pat dry. In a shallow bowl, combine the cheese, cracker crumbs, cornmeal, garlic salt and pepper. In another bowl, beat eggs and milk. Dip fish in the egg mixture, then gently roll in the crumb mixture. In a skillet, fry fish in oil for 5-7 minutes or until the flesh is easily removed from the bones, turning once. If desired, garnish with lemon, chives and/or parsley.

Pancake Batter

1 cup pancake mix
1 egg
1 can soda-7-Up or Sprite
2 cups flour
Seasonings-salt, pepper, seasoned salt-

Mix pancake mix, egg, and soda together. Put in refrigerator at least 20 min.
Mix flour, and seasonings together. Roll strips of fish in flour and dip in batter.
Fry at 375 degrees until golden and crispy.

Creamy Fish Chowder

4-(2 lb.) lake trout
4 strips bacon-chopped
1 large onion-diced
Potatoes-diced or rice (the more you use, the thicker the soup)
Carrot-1 or 2-diced
1/2 cup butter (1/4 lb.)
1/2-1 gallon milk

Bake or boil fish and remove bones. Brown bacon and add onions-cook until onions are tender. Boil potatoes just until barely fork tender-drain water-add bacon, onions, butter. Cover with milk and simmer. Add salt and pepper to taste. Thicken with 2 tbs. corn starch mixed with 1/4 cup water, if desired.

Cajun Fried Lake Trout

1/2 cup prepared biscuit mix
1/4 cup milk
1 egg
1cup cornmeal
2 tsp. Cajun seasoning
1/4 tsp. Salt
1 1/2 pounds lake trout fillets

Combine biscuit mix, milk, and egg together and mix well. In a separate bowl-combine cornmeal, seasoning, and salt. Dip fillets in wet mixture and then in dry mixture. Fry in hot oil. Serve with Ranch Dressing.



Basil Grilled Lake Trout

¾ c. tomato; chopped, seeded, peeled
2 tablespoons basil; fresh, chopped
2 teaspoons vinegar
2 teaspoons olive oil
¼ teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon Louisiana Hot Sauce
6 Lake Trout steaks

Place marinade ingredients in a food processor, and process until smooth. Pour into a shallow dish; add the steaks and turn to coat. Cover and marinate refrigerated for 1-2 hours turning occasionally. Remove fish from marinade, reserving marinade. Grill steaks 5 min. on each side, basting occasionally with the reserved marinade.

Blackened Lake Trout

Fillet the fish and cut into manageable sizes.

Cover all sides of the fish with your favorite Cajun seasoning.

Heat cast iron pan until hot. Take the seasoned fillets and dip in melted butter, drop into the hot pan and seer each side black.

Smoked Dip

1 cup of smoked, skinned, de-boned, and flaked lake trout-I have used boiled lake trout without the smoke
and it works well.

Mix with 1cup sour cream, 1cup salad dressing, 1 tsp. dill weed,

1Tbs. Worcestershire. If desired, add-chopped red, green, or yellow onion, chopped celery, chopped egg, paprika, horseradish, and capers. Serve with crackers.

Foil Baked or Grilled Lake Trout

Lake trout fillets

Cut up onion, tomatoes, green peppers

Butter

Paprika, salt, and pepper

Place fillet on a piece of foil, cover with veggies, and add a pat of butter. Sprinkle with the seasonings, wrap in foil and place on grill or bake in oven until the fish flakes easily.

Grilled Lake Trout

2 lbs. Lake Trout fillets

¼ cup French Dressing

1 tablespoon lemon juice

1 tablespoon grated onion

2 teaspoons salt

Dash of pepper

Cut fillets into serving pieces and place on a greased, hinged, wire grill. Combine remaining ingredients in a sauce and baste the fillets with it. Fish flake easily as they cook- using a wire basket holds them in place while cooking. Place fillets about 4 inches from moderately hot coals and cook for approximately 8 minutes. Baste again with sauce. Turn and cook for another 7-10 minutes longer, or until fish flakes easily when tested with a knife

Nut Crusted Lake Trout Fillets

Preheat oven to 400 degrees F.

2 lake trout fillets-skin off-wash and pat dry

Mix the following ingredients together:

1/2-1 cup ground nuts-use almonds, walnuts, etc.

1 teaspoon paprika

1/2 teaspoon salt

1 minced garlic clove-optional or a little chopped onion

Dried parsley, Italian herbs, etc. whatever you like or leave them out.

Press the fillets into the nut mixture-coat both sides.

Bake in an un-greased baking pan until crispy and the fish flakes easily. (15 minutes approx.)