



# Three Guys Cooking

## **Part One – Something’s fishy!**

A collection of our favourite fish recipes

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# INTRODUCTION

First of all, we would all like to thank you and welcome you to our first instalment in the [www.threeguysfishing.com](http://www.threeguysfishing.com) library!

We are very happy that you have purchased our book or received this recipe book as a gift, and sincerely hope that you enjoy cooking and sharing the wonderful recipes in here as much as we have enjoyed putting our first collection together for you.

We have broken down the book into sections according to the type of fish that is mentioned in each recipe, but keep in mind that any fish can be substituted for any of the recipes depending on your personal preferences.

If you have any ideas or recipes that you would like to have printed in an upcoming issue, please feel free to email them to us at [recipes@threeguysfishing.com](mailto:recipes@threeguysfishing.com) and we'll make sure that your name is printed beside the recipe in any upcoming books! If we choose your recipe, we'll make sure you receive a free copy of the new book.

So with all of that said, let's get cooking!!!

Your friends,

Mark, Derik, and Dan (threeguysfishing)

P.S...Be sure to keep an eye out for our upcoming cookbooks on such topics as smoking, grilling, soups and appetizers, and gourmet recipes!

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# BASS

## Fried Bass Fillets with Sweet and Sour Sauce

Next time you catch some fish and want to impress the heck out of your friends, fire this bad boy up and blow them all away!

### Ingredients

1 pound bass fillets cut into  $\frac{3}{4}$  inch-wide slices  
3 tablespoons cornstarch, divided  
1 cup all purpose flour  
4 tablespoons vegetable oil, divided  
2 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
1 cup water  
1 cup pineapple juice  
6 tablespoons sugar  
 $\frac{1}{4}$  cup red wine vinegar  
 $\frac{1}{4}$  teaspoon Tabasco sauce  
 $\frac{1}{8}$  teaspoon salt  
1 teaspoon grated peeled fresh ginger  
1 teaspoon grated lemon peel  
1 red bell pepper, cut into thin strips  
Vegetable oil (for deep frying)

### Directions

Toss fish pieces with 2 tablespoons cornstarch in medium bowl to coat.

Mix flour, 3 tablespoons oil, baking powder and  $\frac{1}{2}$  teaspoon salt in small bowl; gradually add water, whisking until batter is smooth. Pour batter over fish and stir to coat. Let stand 15 minutes.

Whisk remaining 1 tablespoon cornstarch, pineapple juice, sugar, vinegar, Tabasco sauce and  $\frac{1}{8}$  teaspoon salt in small bowl to blend.

Heat remaining 1 tablespoon oil in heavy medium skillet over medium-high heat. Add ginger and lemon peel and stir-fry until fragrant, about 30 seconds. Add bell pepper and stir-fry just to heat through, about 30 seconds. Add pineapple juice mixture and cook until sauce is thick and clear, stirring constantly, about 1 minute.

Heat 4 cups oil in wok or deep medium saucepan to 375°F (190°C). Add batter-coated fish pieces to oil in batches and fry until crisp and golden, about 4 minutes. Using slotted spoon, transfer fish to paper towels to drain.

Arrange fish on platter. Reheat sauce and spoon over fish to serve.

## **Stuff it up your Bass!**

This is a really nice dish as an alternative to stuffed turkey at Christmas (well, not really, but it's pretty damn tasty anyway!)

### **Ingredients:**

1 bass, cleaned (about 3 to 4 pounds)

Salt and pepper, to taste

Melted butter

Stuffing:

¼ cup butter

¼ cup chopped onion

½ cup chopped celery

4 cups dry bread crumbs

1 tablespoon chopped fresh parsley, or 1 teaspoon dried parsley flakes

1 egg, beaten

½ teaspoon poultry seasoning, or dried thyme leaves

1 teaspoon salt

1/8 teaspoon pepper

### **Directions:**

Dry fish; sprinkle inside with salt and pepper. Place fish on well-greased baking pan. Melt butter in a skillet over medium-low heat and sauté onion and celery until tender. In a mixing bowl, combine sautéed mixture with bread crumbs, parsley, beaten egg, poultry seasoning, salt, and pepper.

Mix well and add a few tablespoons of water if the mixture seems very dry. Stuff fish loosely and brush with melted butter. Bake at 350° for about 45 minutes to 1 hour, or until fish flakes easily with a fork.

## Thai Inspired Bass

Our wives took a Thai cooking class together, and we thought a spin on one of the recipes with some fresh bass would be good! Turned out we were right!! (For a change)

### **Ingredients**

2 big ol' Bass fillets  
1 bunch of coriander (cilantro)  
4 cloves of crushed garlic  
The juice and zest of 2 limes  
1 heaping tablespoon of fresh chopped ginger  
1 finely chopped onion  
2 green chilis  
½ tin of coconut milk  
Salt and pepper  
Cooking oil (peanut or sesame ideally, but any oil will do)

### **Directions:**

Firstly, put your bass in a deep dish. In a bowl add a half of the garlic, a half of the coriander, half the ginger, a teaspoon of salt, the juice and zest of one lime and a tablespoon of the oil, mix up and pour over bass in a tray, then marinate in the fridge for 4 hours.

After this heat a little oil in a hot pan, add the onions, ginger, chopped chilis and the garlic and cook till the onions appear translucent. Add the rest of the marinade from the fish, and cook on a high heat for 3 minutes. Add coconut milk and the rest of the coriander and lime juice, and place on a low heat, with a lid on for a further 5 minutes.

In a frying pan heat a little oil, and place the bass skin side down, and fry until the skin is golden brown, turning only once. Place fish on a plate and pour sauce over the top. Serve with Basmati rice, salad, lime juice and a little lime wedge on the side.

## Mustard Battered Bass

Here's a neat dish for you mustard lovers out there (c'mon, we know you're out there!) This adds a nice zip to the fish, and is a nice change from you typical battered fish.....tasty stuff!

## **Ingredients**

1/3 cup Dijon mustard or prepared mustard  
1/4 cup water plus 1 tablespoon  
1 teaspoon lemon juice  
1 teaspoon Worcestershire sauce  
1/8 teaspoon cayenne pepper  
1 1/2 cups seasoned coating mix (flour with salt/pepper and some Cajun spice)  
2 1/4 pounds bass fillets cut in 1 1/2 inch pieces  
canola oil

## **Directions**

In small mixing bowl, combine mustard, water, juice, Worcestershire sauce and cayenne.

Place coating mix in shallow dish. Dip fish first in mustard mixture and then dredge in coating mix to coat. In 10-inch skillet, heat 1/2 inch oil over medium heat. Add fish. Fry three to four minutes or until golden brown. Turn once. Drain on plate lined with a paper towel.

## **Grilled Bass with Mango-Basil Relish**

Here's another one of those dishes to impress the heck out of the in-laws (or outlaws!)

## **Ingredients**

2 mangoes, pitted, peeled and chopped  
1/2 red bell pepper, seeded and chopped  
1/2 cup orange juice  
1/4 cup lime juice  
2 tablespoons chopped fresh basil  
2 pounds bass fillets, rinsed and patted dry  
1 tablespoon vegetable oil

## **Directions**

Preheat grill to medium-hot. Mix together mangoes, bell pepper, orange juice, lime juice and basil; set aside. Brush fillets lightly with oil. Place on grill and cook, turning once, until done, 3 to 6 minutes per side. Remove from grill and serve with relish. Season to taste.

Serves 8

## **Southern inspired Bass With Avocado Sauce**

Here's a little tex-mex inspired way to cook your bass! Give it a try next time.....tastes great with a side of rice and beans.

### **Ingredients**

1 small ripe avocado coarsely chopped  
1/4 cup skim milk  
1 tbsp lime juice  
1 clove garlic minced  
1 tbsp hot sauce  
2 tbsp lemon juice  
1 tbsp light soy sauce  
1 tsp lemon rind grated  
1 tsp Dijon mustard  
16 oz bass fillets  
1/3 cup fine dry breadcrumbs  
1 vegetable cooking spray

### **Directions**

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 breadcrumbs. Place on a baking sheet coated with cooking spray. Bake at 450 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.

Serves 4

## **Pan fish (well, bass in a pan)**

Yet another great way to cook bass (can you tell yet that we like bass?)

### **Ingredients**

1 (5 lb.) bass or equivalent  
1 large Onion, chopped  
1 Bell pepper, chopped  
1/2 Stick margarine  
2 can Tomato sauce  
1 can Whole tomatoes  
Juice of 1 lemon  
2 cups white wine

1/2 cups Green onions and parsley dash Tabasco sauce salt, pepper, garlic powder to taste

### **Directions**

Sprinkle fish with lemon juice and season well, ahead of time, preferably overnight. Wilt onions, and bell pepper in margarine. Add tomato sauce and whole tomatoes and cook over medium heat for 45 minutes in uncovered pot. Add 2 cups cold water and seasoning to taste along with dash of Tabasco. Cook for 25 minutes over medium heat. Add one cup of wine and pour mixture over fish you have placed in a baking dish. Drink the second cup of wine while baking in 325-degree oven for 40 minutes. Baste several times. Sprinkle with parsley and onion tops and serve, garnishing with slices of lemon.

Serves 6.

## **PIKE**

### **Curried Northern Pike**

Spice up your life with this amazing dish that we came up with one weekend up north. I had bought all the ingredients to make a nice chicken curry but forgot to buy the chicken!!!! Managed to catch some pike though.....

### **Ingredients**

2 pounds northern pike fillet, cut in 2 inch cubes  
1 sweet bell pepper  
1 medium onion, diced  
1/2 carrot, chopped  
1/2 cup celery, chopped  
1/4 cup olive oil  
2 tablespoons lemon juice  
4 ounces vegetable broth  
4 ounces coconut milk  
3 teaspoons curry powder  
1 teaspoon turmeric  
4 cups rice  
salt and pepper, to taste

### **Directions**

Prepare rice according to package direction. Take several tablespoons of olive oil to lightly coat fish. Sprinkle with turmeric on both sides and salt if you like. Place in baking dish sprinkle with lemon juice. Bake at 400 till fish starts to flake slightly. While fish is in the oven, sauté vegetables in remaining oil, leave a little crunch to them add broth, curry powder, reduce heat to simmer, and add the fish. Use the coconut milk to rinse the dish that the fish was baked in and dump this into the pan with the veggies and fish (this is called “deglazing”) simmer till fish starts to flake. Place in serving dish and serve with rice, fresh fruit, and pita bread on side.

### **Three guys pickling (pike that is)**

This recipe for pickled fish can work well with any fish but northern pike works best. Before using this recipe be sure to freeze the fish for at least 5 days. This will destroy any parasites that are present in the fish or bacteria that may have been picked up during the cleaning process.

#### **Ingredients**

5 pounds of fish chunked  
2 ½ cups of canning salt  
3 ½ litres of bottled water  
1 litre distilled vinegar  
5 ½ cups of sugar  
4 teaspoons pickling spice  
1 cup dry white wine  
1 onion cut into pieces

#### **Directions**

In a plastic container dissolve the 2.5 cups of salt in the gallon of bottled water and add chunked fish. Refrigerate for 48 to 72 hours. Remove fish and rinse in cold water. Cover fish with white vinegar for 24 hours and refrigerate.

Remove fish from vinegar and pack in jars with pieces of onion. Cover with the following solution.

--1 quart distilled vinegar  
--5 ½ cups sugar  
--4 teaspoons of pickling spice  
--1 cup dry white wine

Bring all ingredients to a boil except the dry wine. When solution has cooled add the dry white wine and cover fish. Seal with lids that have been scalded. Refrigerate at least one before eating.

## **Spiked Pike a la Grand Marnier**

This is a very simple recipe (perfect!) and the Grand Marnier gives the fish an orange undertone that is absolutely delicious!

### **Ingredients**

Northern pike fillets with no bones  
Flour  
Salt and pepper to taste  
Cayenne  
Butter  
Grand Marnier

### **Directions**

Mix the flour, cayenne, salt and pepper to taste in a large bowl or plate. Roll the pike in the flour mixture. Heat the butter in a skillet or frying pan, bringing the butter to a sizzle. Put a shot of Grand Marnier in the pan. It may flare up (which is perfect.... just watch out for your eyebrows!). Now put a shot of Grand Marnier in yourself. It likely won't flare up!

Immediately place the fish in the frying pan with the butter and Grand Marnier. Cook about 5 to 7 minutes on each side (or until golden brown). Fish is done when it flakes with a fork. It gives the fish an orange undertone that is delicious!

# WALLEYE

## **Easy Walleye**

Here's a great way to enjoy walleye! It's pretty easy (which we like), so you can whip it up quick at home or even for a nice shore lunch treat!

### **Fish Ingredients:**

3 tablespoons melted butter  
1 tablespoon chopped fresh dill, parsley or chives  
4 (4 ounces each) walleye fillets  
Salt, if desired  
Pepper, if desired

**Garnish Ingredients:**

Lemon wedges  
chopped fresh chives, if desired

**Directions**

Heat gas grill on medium or charcoal grill until coals are ash white.

Combine butter and dill in small bowl; brush butter mixture on both sides of fish, turning to coat.

Place greased grill grid or basket on grill. Place fish on grid. Grill, skin-side up, until edges start to turn white (3 to 4 minutes). Turn; continue grilling until fish flakes with fork (4 to 7 minutes). Sprinkle with salt and pepper, if desired. Serve with tartar sauce (see sauces section for a really easy tartar sauce) and lemon wedges. Sprinkle with chopped fresh chives, if desired.

Serves 4

Stovetop instructions: Heat 14-inch pan over medium-high heat for about 2 minutes with a bit of oil, then reduce heat to medium. Cook fish, skin-side up, until edges begin to turn white (2 to 3 minutes). Turn; continue cooking until fish flakes with fork (1 to 2 minutes).

## **Three Guys Walleye Chowder**

Here's a nice treat for those cold winter walleyes! Nothing beats a hot bowl of chowder by the fire after a great day of fishing.....

**Ingredients**

8 slices bacon, chopped  
4 tablespoons unsalted butter  
2 small onion, chopped fine  
4 teaspoons all purpose flour  
2 carrot, chopped fine  
1 teaspoon paprika

2 celery rib chopped fine  
16 oz. bottled clam juice  
2 cups water  
1 cup heavy cream  
1 pound potatoes  
1 ½ lb. raw walleye filets cut into 1 inch pieces  
4 tablespoons minced fresh parsley  
Salt & pepper to taste

### **Directions**

In heavy saucepan, cook bacon over moderate heat, stirring until crisp and transfer to paper towels to drain. Pour off fat and in pan, cook onion, carrot and celery in butter over moderately low heat, stirring occasionally until softened.

Sprinkle flour over mixture and cook, stirring, 3 minutes. Stir in paprika and cook, stirring 30 seconds. Add clam juice, water and cream and bring to a boil, stirring occasionally.

While mixture is coming to a boil, peel potato and cut into 3/8" diced pieces. Add potato to mixture and simmer chowder, uncovered for 12 minutes or until potatoes are cooked. Stir in fish and simmer until just cooked through, about 5 minutes. Stir in parsley, bacon and salt and pepper to taste.

Serves 4

## **Butter-poached walleye**

Mmmmmmmmmmmmmmm butter.....

### **Ingredients**

2- to-3 pound walleye, filleted  
½ cup water  
¼ pound butter or margarine  
1 medium onion, sliced  
1 teaspoon dried dill weed  
1 tablespoon lemon juice  
Salt and pepper (to taste)

### **Directions**

Place walleye fillets side-by-side in a wide pan or casserole with a tight-fitting lid. Add water. Slice butter into bits and dot fillets generously. Cover fillets evenly

with onion slices. Drizzle lemon juice over all. Sprinkle evenly with dill weed, salt and pepper. Cover and bake in 350 degree oven for 30 minutes or until flaky. (Steam at low heat on stovetop for 30 minutes, if you prefer.)

Serves 4.

## **Mark's Honey Mustard Walleye**

This is pretty easy to do and makes for a great shore lunch!!!

Coat fillets with a generous coating of honey mustard.  
Dip fillets in breading of your choice. (We prefer Fish Crisp brand coating mix, although saltine crumbs, potato flakes, or even crushed Doritos or corn flakes work well.)  
Fry in lots of butter and enjoy!

## **Baked Walleye and 'shrooms**

This is a neat dish. Nothing better than sautéed onion and mushrooms over one of the tastiest fish out there: walleye!

### **Ingredients**

4 walleye fillets  
6 - 8 tbsp. melted butter  
1 tbsp. lemon juice  
1/2 cup mushrooms (sliced)  
2 tbsp. finely chopped onion  
Salt and pepper to taste

### **Directions**

Dip fish in melted butter, salt, pepper and lemon juice. Place fish fillets into shallow baking pan. Place mushrooms and onions over the top of fish, and then spoon any remaining butter mixture over that. Bake at 350°F for 15-20 minutes until fish flakes.

## **Fried Potato Flake Walleye Fillets**

This is a good alternative to using bread crumbs for your fish. Makes a great dish!

### **Ingredients**

4 medium size Walleye fillets cut in pieces  
2 cups instant potato flakes  
2 eggs  
1 cup milk  
2 tablespoons parsley flakes  
1/3 cup lard  
1/3 cup butter  
pepper seasoning to taste

### **Directions**

Mix eggs, milk and parsley flakes in bowl Season to taste. Pour instant potato flakes into separate bowl. Dip fillets into egg/milk mixture. Dip fillets into potato flakes. Fry in hot pan of melted lard and butter until brown.

## **BBQ Walleye Skewers**

Now here's a great recipe for the barbecue! What's better than skewers of fish with peppers and onion??

### **Ingredients**

2 or 3 walleye fillets and cut into 2-inch chunks  
1 or 2 each green and yellow pepper, cut into chunks for skewering  
3 small whole onions, cut in half  
2 tbsp soy sauce  
2 tbsp teriyaki sauce  
1 tbsp liquid honey  
1 tbsp soy sauce  
1 tbsp Cajun spice (cayenne, salt, and paprika will work if you don't have any)  
1/2 tsp Worcestershire sauce  
salt and pepper to taste

### **Directions**

Mix the last seven ingredients together in a bowl. Mix the walleye, peppers and onions. Lie in a deep plate and cover with the sauce mixture. Marinate in the fridge overnight.

When you're ready to barbeque, put the fish, peppers, and onions on skewers. Make sure they are well pressed against each other, keeping in mind that the fish cubes will reduce in size while cooking. I like to alternate the colours of peppers to make it look a little fancier! Goes great with a nice salad and some rice. Pretty healthy meal!

## **Walleye and Shrimp Melt**

Personal favourite here.....fish with shrimp and melted cheese on it!!! Can you say DELICIOUS?

### **Ingredients**

8 oz. small, cooked shrimp  
4 walleye fillets  
2 tbsp butter  
2 tsp lemon juice  
1 cup whipping cream  
1 cup shredded provolone and mozzarella cheese  
chopped basil or a hint of parsley  
½ tsp salt  
lemon wedges

### **Directions**

Prepare fish by rinsing and drying the fillet. In a small baking dish, slowly melt butter. Put the fillets in the dish and add the lemon juice and salt. Place dish in preheated oven and bake at 375 degrees for 8-10 minutes. In a saucepan, slowly heat cream to boiling then turn down to medium. Take the baked walleye dish and sprinkle shrimp over the fillets. Pour the cream over the walleye/shrimp combo and then cover that with the cheese. Broil until cheese is melted. Remove and sprinkle with the basil and/or parsley. Use the lemon wedges when served.

## **TROUT/SPLAKE**

### **Simple Baked Trout**

Super easy recipe to enjoy those great small trout! This just brings out the natural flavour...works great with 1 to 2 pounders (splake too).

Prepare trout by rubbing with oil and sprinkling with salt or seasoning. Place in fish basket if available or place on preheated grill rack and cook for about 15 minutes, turning as needed.

Options: Place onions in the body cavity and baste with butter. Wrap with aluminum foil.

## **Fancy Baked Trout**

This recipe is a bit more involved for trout but makes a great main course dinner!

### **Ingredients**

2-3 trout  
2 tablespoons chopped parsley  
2 tablespoons lemon juice  
1½ teaspoons seasoned salt  
6 tablespoons olive oil  
1 large onion-thinly sliced  
2 cloves garlic  
1 large tomato, thinly sliced  
4 teaspoons white wine

### **Directions**

Spray 13x9 inch pan with liquid shortening. Arrange fish in pan and sprinkle with parsley, lemon juice and salt. Heat oil in small skillet: fry onion and garlic till limp. Pour over fish. Place tomato on fish and pour wine over fish.  
Bake 350 degrees 30-45 minutes. Serves 2-3.

## **Smoked Trout**

We all came to the conclusion that we could eat this pretty much everyday! This is one of the tastiest ways to prepare trout that we've found. Try it out and let us know what you think!!

### **Ingredients**

4 litres water  
1 ¼ cups salt  
5 lbs trout fillets  
1 lb hickory chips

### **Directions**

Dissolve salt in 3 litres of water. Place fish in salt water and marinate in refrigerator for one hour.

Remove trout, rinse and dry thoroughly. In one litre water, soak hickory chips for several hours or overnight. Store in cool place while soaking.

Use a covered grill (charcoal, gas or electric) on low heat. Cover heated coals with 1/3 of the hickory chips. Place fish, skin-side down, on well-greased grill about 4 to inches from coals. Close grill hood and open vent to circulate smoke. Add additional hickory chips as necessary.

Smoke trout at 105°F to 175° F approximately 1 hour or at 200°F 30 to 40 minutes. Trout is done when the cut surface is golden brown and flakes easily with a fork

Serves 2-6 (depending on how hungry you are!)

## **Shrimp Stuffed Splake** (say that 5 times fast!)

Another one of our favourites! Splake is just delicious.....especially when taken out of the ice in the middle of the winter! Enjoy this one with your family and friends

### **Ingredients**

4 whole splake (1 to 2 pounds each), dressed and gilled  
Four 6½-ounce cans tiny shrimp  
½ pound butter or margarine, softened  
2 teaspoons dried dill weed  
1 tablespoon lemon juice  
Cayenne (optional)

### **Directions**

Gently blend shrimp, softened butter, dill weed and lemon juice. (Add a dash of cayenne for a little zip, if you like.) Brush trout lightly with oil or melted butter; lay

in baking dish. Stuff each trout cavity with shrimp mixture, dividing mixture proportionately. Bake in 375 degree oven for 20 to 30 minutes until done.

Serves 4.

## GENERAL FISH RECIPES

### Fish-kebobs on the 'cue

This is a great summertime barbecue recipe that we like to enjoy! Use your favourite type of fish. You can always take out the chili peppers if you don't like spicy foods.....or if you're like us, you'll add more!

#### **Ingredients**

1 pound firm white fish (pike, bass, walleye, shark, etc)  
1 teaspoon salt  
½ cup plain yogurt  
1 fresh ginger root, peeled, cut into 1-inch pieces  
1 tablespoon garam masala (spice section of grocery store)  
1 tablespoon ground coriander (cilantro.... same thing)  
1 teaspoon cayenne pepper  
6 cloves garlic, peeled  
1 lemon, cut into wedges  
2 hot green chili peppers, seeded (see note)

#### **Directions**

Fillet and skin the fish, cut into 1-1/2 inch cubes. Put about five pieces on each skewer and sprinkle with the salt.

Make a paste from the yogurt, garlic, ginger, garam masala, coriander and cayenne pepper. Spread mixture on fish and refrigerator for at least 2 hours.

Remove from refrigerator and grill for 10 minutes or until fish flakes easily with a fork. The skewers can be sprinkled with a little oil during cooking, if required.

Garnish with the lemon and fine rings of green chili pepper.

Makes 3 servings.

## **Asian Influenced fish**

This is a nice way of preparing some nice walleye fillets or bass. It's nice served with a bed of rice and maybe even some Chinese noodles on the side!

### **Ingredients**

¼ cup soy sauce  
1 green onion, coarsely chopped  
½ lemon, sliced  
1 slice gingerroot, 1-inch long, halved  
4 (6 ounce) fish fillets

### **Directions**

Combine soy sauce, onion, lemon, ginger, and fish fillets in a zip style plastic bag. Marinate in the refrigerator for 30 minutes.

Meanwhile, heat up your barbeque and then make sure the rack is sprayed well with non-stick spray or oil it by holding an oiled paper towel with tongs.

Remove fillets from bag, and place on the grill. Cook about 4 to 5 minutes per side, turning once, or until fish is firm and flaky.

Serves 4

## **Shrimp on the 'barbie!**

This is a personal favourite of ours.....the shrimp just MELT in your mouth and have a nice spicy flavour to them. Makes a perfect companion to a big juicy steak! Hey, who doesn't love surf and turf?!? You can also serve these with crusty French bread, a crisp green salad and a fresh fruit tart

### **Ingredients**

2 pounds shrimp, shelled and deveined

1 cup extra virgin olive oil  
1/4 cup chopped flat-leaf parsley  
1/4 cup lemon juice  
1 tablespoon tomato paste  
1 tablespoon oregano  
1 tablespoon minced clove garlic  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1/8 teaspoon liquid hot pepper sauce

### **Directions**

Combine olive oil, lemon juice, parsley, tomato paste, oregano, garlic, salt, ground black pepper and liquid hot pepper sauce in a large bowl and stir 'em up! Add shrimp; and stir to coat them up nice. Marinate for 2 hours at room temperature.

Heat up your grill to about medium-high heat.

Grill shrimp 3 to 4 inches from heat source for 3 minutes. Turn, cooking the second side for 3 minutes.

Serves 4.

Cooking Tip: Use fresh or frozen shrimp; if frozen, defrost in the refrigerator overnight. Remove shells prior to marinating.

## **Drunken Sailor's Beer Battered Fish (not that we'd know)**

Here's an easy, tasty way to make a great beer batter for your catch!! Serve this up with some homemade French fries and your friends and family will love you forever!

### **Ingredients**

1 cup all-purpose flour  
1 teaspoon salt  
1 teaspoon baking powder  
1/2 teaspoon dried dill weed  
3/4 cup beer (plus one bottle for chef)  
1/2 cup milk  
2 eggs  
1 1/2 to 2 pounds firm white fish fillets

Vegetable oil for deep-frying

### **Directions**

In a large bowl, mix together flour, salt, baking powder and dill. Add beer, milk, and eggs, mixing well.

Place fish fillets in batter mixture, coat well, and let stand for 15 minutes.

Heat deep fryer to 375°F (190°C). Place fish in hot oil, and fry until golden brown. Cook fish in batches to maintain oil temperature. Serve.

Serves 6

TIP: If you don't have a deep fryer, just use a pot with oil in it.....but be careful!

## **Blackened Cajun Catfish**

This stuff is great! You can even substitute a different type of fish if you'd like, but catfish is delish!

1 pound catfish fillets  
½ cup crushed corn flakes  
1 tablespoon paprika  
½ teaspoon cayenne pepper  
½ teaspoon ground black pepper  
½ teaspoon white pepper  
½ teaspoon crushed dried thyme  
¼ teaspoon onion powder  
¼ teaspoon garlic powder  
¼ teaspoon salt  
1 tablespoon vegetable oil

Wash fish fillets and pat dry; set aside.

In a shallow bowl, combine corn flakes, paprika, cayenne, black pepper, white pepper, thyme, onion powder, garlic powder and salt. Dredge catfish in coating mixture and fry in a heavy, heated skillet in oil for 2 minutes on each side. Drain before serving.

Serves 4

## Fish Nuggets

Easy fish nuggets with a pancake mix and bread crumb batter. Kids love this recipe and it's even great as an appetizer for your next get together.

### **Ingredients:**

Canola oil for frying  
3 pounds fish fillets  
Lemon pepper  
Garlic salt  
1 cup pancake mix  
1 cup seasoned bread crumbs  
¼ cup water  
1 egg, beaten

### **Directions:**

Heat about 1/2 inch of oil in a large deep skillet over medium heat (about 350° to 365°). Cut fish in bite-sized pieces. Lightly sprinkle with lemon pepper and garlic salt. Combine pancake mix and bread crumbs in a large plastic food storage bag.

Dip fish in a mixture of beaten egg and water. Place fish in bag to coat with crumbs. Fry in hot oil for 7 to 8 minutes, or until golden brown, turning once.

Drain well on paper towels; serve fried fish nuggets immediately with [cocktail sauce](#) or [tartar sauce](#).

## Dan's Perch in a pan

Panfish are one of the tastiest fish out there! You can also use this recipe for crappie, bluegill, or pumpkinseed! Heck, it'll work on pretty much anything!

### **Ingredients**

15 to 20 perch (or 9 or 10 jumbos)  
Milk  
Tabasco pepper sauce  
Mustard  
Salt  
Pepper  
1 egg

Seasoned flour (Cajun seasonings and salt and pepper to taste)  
Oil  
Butter

### **Directions**

Catch 15 or 20 perch. Filet with a very sharp knife. Clean them thoroughly and drop in a plastic bowl of milk flavoured with pepper sauce, mustard, and salt. Marinate for 1 hour or overnight (make certain the fish is totally covered with liquid). Remove and drop in a mixture of beaten egg and a small amount of the marinade mixture. Roll in seasoned flour.

Fry quickly in a hot skillet with a little oil and butter. Drain and serve immediately with fresh vegetables and sliced home-grown tomatoes.

## Popcorn Perch Recipe

This is another pretty cool recipe for kids and adults alike! Serve it up anytime for a nice treat.

### **Ingredients**

Pop1 bag (3.5 ounce size) microwave popcorn (can use butter-flavoured)  
½ cup flour  
2 eggs  
8 perch fillets

### **Directions**

Lemon wedges a bag of popcorn in the microwave. Pour into large bowl and shake so all the unpopped kernels go to the bottom. When cooled down, transfer to your food processor by hand, checking for seeds. Process until popcorn looks like big crumbs.

Place flour in one dish, beaten eggs in another and popcorn crumbs in a third (use some cake pans - they're the perfect size for perch).

Heat about 1/4" of vegetable or canola oil in a large, deep skillet. Dredge perch fillets first in flour to dry them off. Then dip them in egg, and finally, in the popcorn. Carefully place in hot oil and fry until golden brown, turning once. (The fish will brown but the popcorn stays white!). Don't crowd the pan - do in several batches.

Transfer cooked fillets to a paper-towel-lined pan, sprinkle with salt and keep warm in oven until all are done.

## SAUCES AND SPREADS/DIP

### Three guys cooking's lazy tartar sauce

½ cup mayonnaise  
2 tablespoons dill pickle relish, drained  
¼ teaspoon coarse ground pepper  
Splash of lemon juice if you have it

### Three guys cooking's lazy Seafood sauce

½ cup of ketchup  
¼ cup horseradish

### Derik's Delightful, Delectable, Delicious, Dip

Wasn't sure how many "D" words we could use in the title, but I think we did all right! Try this one out for your next party!

#### **Ingredients**

4 cups of cooked fish lightly chopped in food processor or by hand.  
1 cup of chopped onions  
1 cup of chopped celery  
1 hard boiled egg, lightly chopped  
1 cup of Miracle Whip or mayonnaise  
Seasoning salt, salt and pepper (season to taste)

#### **Directions:**

Boil a cut up fillet in water in a rolling boil for about 12-15 minutes or until fish flakes easily with a fork. You could use left over fish cooked by any method.

1. Mix above together and refrigerate.
2. Add garnish and serve cold with crackers.

# CONCLUSION

Well, that's all for this recipe book everyone. We really hope that you have found some recipes to make for your friends and family to enjoy! Don't forget to check us out online at [www.threeguysfishing.com](http://www.threeguysfishing.com) for more updates on recipes, articles, reviews, where to fish, and our online fishing tournament as well!

Please feel free to get in touch with us at [recipes@threeguysfishing.com](mailto:recipes@threeguysfishing.com) to let us know any future cookbook ideas or to submit a great recipe to us. We'll be sure to give you full credit and get a copy of the book to you for free as well. Thanks again for purchasing our great book.

Your Friends,

**Mark, Dan, and Derik**

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*Where the fish always bite!*