

AUDREY'S FAVORITE FISH & APPETIZER RECIPES

SIMPLY GRILLED FISH FILLETS



Fish Fillets
1 Egg
Breading Mix
Panko breadcrumbs (*optional for more crunch*)
¼ cup vegetable oil
Aluminum Foil

- Mix egg with 1/4 cup water.
- Mix enough breading and Panko crumbs in a Ziploc bag to coat the fish.
- Dip fillets in egg mixture then shake them in the breading mix (1-3 at a time) and lay on a plate. Add more breading to your bag if it gets clumpy.
- Preheat grill to about 375.
- Cut a piece of foil to cover grill grate and fold up edges to hold the oil in.
- Pour oil onto foil and spread around.
- Let the oil heat up a little before adding your fillets (about 1 minute).
- Lay your fillets on the foil. Close the grill and cook for about 3 minutes until a little crispy. Then flip them over for another minute or two.
- Place fish on paper towel to absorb excess oil.

*TRY WITH OUR
MCDONALD'S TARTAR SAUCE KNOCKOFF*

BAKED PANFISH CRUSTED PARMESAN



¼ cup butter, melted
½ cup dry breadcrumbs
1/3 cup grated Parmesan cheese
2 tbsp. minced fresh parsley
1 tsp. salt
½ tsp. paprika
¼ tsp. dried oregano
¼ tsp. dried basil
¼ tsp. pepper
1 lb. bluegill, crappie or perch

- Combine breadcrumbs, cheese & seasoning in a shallow bowl.
- Dip fish in melted butter, then coat in the bread crumb mixture.
- Place in a greased 15x10x1 inch baking pan.
- Bake, uncovered at 350° for 20 minutes or until fish flakes easily with a fork.

*TRY SERVING FILLETS ON A CLUB CRACKER
TOPPED WITH A THIN SLICE OF CHEESE*

AUDREY'S HEARTY PANFISH CHOWDER



A taste of your fisherman's catch

½ lb. panfish fillets, cut in 2" chunks
1 can 14 oz. whole corn with juice
¼ lb. bacon, diced
1 Tbsp. vegetable oil
¼ cup onion, diced
1 carrot, diced
1 stalk celery, diced
2 red potatoes, cubed
Salt & Pepper to taste
¼ cup heavy cream
1 Tbsp. fresh parsley
4 cups chicken broth

- Drain corn and reserve juice.
- In soup pot sauté bacon in oil until almost crispy. Remove bacon and set aside.
- In same pot, sauté onion, carrots, celery, corn & potatoes until onion is translucent about 5 minutes. Season with salt & pepper.
- Add the corn juice and broth. Bring to boil then simmer for 12 minutes.
- Add the reserved bacon and fish. Cover and cook for 3 minutes.
- Carefully pour the cream around the sides of the pot. Gently stir to avoid breaking up the fish.
- Garnish with chopped parsley.

**KENTUCKY
ROTEL
HUSH
PUPPYS**



1 bag Martha White Hush Puppy Mix
1 can Rotel Diced Tomatoes (mild or hot)
Vegetable oil for deep frying

- Mix Hush Puppy Mix and Rotel together in bowl. Mix appears really dry initially but blends after stirring well.
 - DO NOT add water.
 - Let batter shape/sit for 30 minutes before frying.
 - Heat oil to 325 degrees, enough oil to cover hush puppies.
 - Carefully drop batter into grease.
- NOTE:** A *lightly wet spoon* allows batter to slide off without using fingers.
- Spoon size determines size of hush puppies.
 - Lightly push hush puppies downward into grease to rotate and flip over.
 - Frying time 2 to 5 minutes depending on size.
 - Should be lightly crispy on the outside, fluffy pink and moist on the inside when done.

**TRY WITH RANCH DRESSING OR OUR
MCDONALD'S TARTAR SAUCE KNOCKOFF**

**HUSH
PUPPY
CORN
FRITTERS**



So easy, so delicious!

1 pkg Martha White Hush Puppy Mix
1 egg
2/3 cup milk
1 cup canned corn, drained or frozen corn thawed

- Heat ½ inch oil over medium high heat.
- Whisk egg in medium bowl. Stir in hush puppy mix, milk and corn, just until large lumps disappear.
- Spoon a mounded tablespoonful batter into hot oil for each fritter.
- Cook 30-60 seconds or until golden brown on bottom. Turn and cook an additional 30-60 seconds.

**MCDONALD'S
TARTAR SAUCE
KNOCKOFF**



½ cup mayonnaise (Hellmann's or Kraft)
3 ½ Tbsp. dill pickle relish (NOT sweet relish)
1 ½ tsp. capers, chopped
2 Tbsp. white onion, finely chopped
½ tsp. dried parsley flakes
½ tsp. white sugar

- Mix all ingredients together until well blended.
- Cover bowl with plastic wrap.
- Refrigerate for 1 hour before serving to enhance flavor. Even better the next day.

THE BEST KNOCKOFF RECIPE YET!

**WALLEYE
WING & CHEEK
APPETIZERS**



*The
prime rib
of
walleye*



1 lb. of walleye wings & cheeks
1 cup flour
1 cup fine breadcrumbs
1-2 eggs
Salt to season
Vegetable oil

- Rinse and lightly sprinkle wings & cheeks with salt.
- Place flour, breadcrumbs and eggs in separate bowls.
- Lightly whisk the eggs.
- Coat the fish first in the flour, then eggs and lastly the breadcrumbs.
- Pour ½" oil in pan, bring to medium heat. Fry coated fish pieces in batches until golden brown, turning over midway.
- Remove fish and place on paper towel to absorb extra grease.

**TRY WITH OUR
MCDONALD'S TARTAR SAUCE KNOCKOFF**