
Walleye *A nutrient-packed fresh water fish*

This fish can be prepared in various ways.

HERE ARE SOME POPULAR COOKING METHODS AND TIPS:

1. Pan-frying

Season the fillets with salt, pepper, and any preferred herbs or spices.

Dredge the fillets in flour or a mixture of breadcrumbs and parmesan cheese for a crispy coating.

Heat oil (like canola or vegetable oil with a high smoke point) in a skillet over medium heat.

Place the fillets in the hot oil and cook for approximately 3-4 minutes per side, or until golden brown and the fish flakes easily with a fork.

2. Baking

Preheat oven to 400°F (200°C).

Place walleye fillets in a shallow baking pan or on a baking sheet lined with parchment paper or foil.

Drizzle with olive oil and season with salt, pepper, paprika, and other seasonings like garlic or herbs.

Bake for about 12-15 minutes, or until the fish reaches an internal temperature of 145°F and flakes easily with a fork.

3. Grilling

Preheat the grill to medium heat.

Brush fillets with olive oil and lemon juice, and season with garlic powder, dill, salt, and pepper.

Place fillets on the grill and cook for 3-4 minutes per side, or until cooked through and flaky.

Seasoning and flavor enhancement

Simple salt and pepper can enhance the natural flavor of the fish.

Lemon juice, butter, and fresh herbs like dill, parsley, and chives complement walleye well.

Tartar sauce or a lemon garlic butter sauce are excellent accompaniments.

Tips to avoid overcooking.

Monitor the fish closely during cooking, especially during the final minutes.

Check for doneness early, using a fork to test if the fish flakes easily.

Keep in mind that walleye will continue to cook slightly after being removed from the heat.

Important notes:

Ensure the walleye reaches an internal temperature of 145°F (63°C) for safe consumption.

If using frozen fish, allow it to thaw completely and pat it dry before cooking.
