Savory Fried Crappie

6 crappie fillets
1 large lemon, cut in half
1 tablespoon olive oil
1/2 teaspoon black pepper
1 egg, well beaten
1/2 teaspoon dry mustard
1 cup yellow cornmeal
Peanut oil for frying

Place fillets in a bowl and squeeze the lemon over the fish. Be sure each piece is thoroughly coated with juice. Pour olive oil over fish, add the black pepper and egg, and work into the fillets. Add the dry mustard, and mix tumbling the fish over with your hands until the seasonings are equally blended. Set the bowl in the refrigerator and allow to chill 30 minutes. When you’re ready to fry the fish, remove the fillets from the bowl one at a time and dredge in cornmeal. Use your fingers to knead the cornmeal into each fillet. Coat them well. Drop the fillets in hot peanut oil immediately as they are coated. Fry until golden brown.

Baked Trout with Bay Leaves

1 clove garlic, crushed
1 1/2 teaspoons minced fresh thyme
Black pepper
4 12-inch trout, pan-dressed
4 bay leaves
3 tablespoons butter, melted
Juice from 1 lemon
3 tablespoons fresh parsley, minced

Preheat oven to 400 degrees. Combine garlic, thyme and black pepper to taste in a bowl. Place a bay leaf and an equal portion of the seasonings inside each fish. Arrange fish in a single layer on an oiled baking dish. Pour melted butter over the fish and bake 5 minutes. Baste with the butter in the dish and bake an additional 5 to 7 minutes. Sprinkle with lemon juice and parsley. Remove bay leaves and serve.

These recipes were featured in the cooking column of Arkansas Wildlife, the Arkansas Game and Fish Commission’s award-winning bimonthly magazine. Call 1-800-283-2664 or visit agfc.com to subscribe.

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### Catfish Po'boys
- 6 large crusty rolls
- 1 cup catsup
- 3 dashes Tabasco sauce
- 1 tablespoon mustard
- 1 tablespoon onion, minced
- 6 fried catfish fillets
- Dill pickles

Cut rolls in half, lengthwise, scoop out the soft centers and place in the oven until hot but not crispy. Combine catsup, Tabasco, mustard and onion. Spread a hot roll with this mixture, then top with catfish, dill pickles and the top of the roll. Cook fillets 1 to 2 minutes each or until they flake easily with a fork.

### Remoulade Sauce
- ⅓ cup mayonnaise
- 1 tablespoon stone ground mustard
- 2 teaspoons milk
- 1¼ teaspoons prepared horseradish
- 1 teaspoon minced celery
- 1 teaspoon minced white onion
- 1 teaspoon minced green bell pepper
- ½ teaspoon minced fresh parsley
- ¼ teaspoon white vinegar
- ¼ teaspoon paprika
- ¼ teaspoon ground black pepper
- ½ teaspoon ground cayenne pepper
- 1 pinch salt

Combine all of the ingredients in a small bowl. Mix thoroughly. Cover and store in the refrigerator until ready to serve.

### Hot and Crusty Largemouth Bass
- 2 pounds bass fillets, cut into chunks
- ¼ cup milk
- 2 eggs
- Tabasco
- ¼ cut red onion, minced
- ½ cup yellow cornmeal
- ¼ flour
- ½ teaspoon cayenne pepper
- ½ teaspoon salt
- Canola or peanut oil for frying

Lightly whisk milk, eggs and several dashes of Tabasco. It’s your funeral, so use as much of the hot stuff as you think you can handle. In a wide bowl, combine remaining ingredients except oil. Heat oil over medium-high until hot but not smoking. Dip fish in milk mixture, then in cornmeal mixture. Drop carefully into oil with tongs, once piece at a time. Remove and place on paper towels to drain when fish is golden brown. Serves four to six.

### Pan-Fried Bream
- 2 pounds bream fillets
- 1 cup cornmeal
- 1 cup flour
- 3 beaten eggs
- Salt and pepper to taste
- Peanut oil

Mix cornmeal and flour together in a large zip-seal plastic bag. Salt and pepper each fillet, dredge in egg, then drop in bag and shake until coated with the meal/flour mixture. Drop fillets in hot peanut oil poured about a half inch deep in a cast-iron skillet. Cook fillets 1 to 2 minutes each or until they flake easily with a fork.

Looking for instructions to pan dress your fish? Visit http://tinyurl.com/AGFCbrochures for a list of free downloadable brochures covering topics from cooking fish to creating a squirrel nest box.