

COOKING LAKE PERCH



PAN-FRY

Step 1: Heat a heavy skillet over medium-high heat. Season fillets or small whole perch with salt and pepper, then dredge them lightly in flour or fine cornmeal. Shake off any excess.

Step 2: Pour a half-tablespoon of your favorite cooking oil into the skillet and fill the pan loosely with perch or perch fillets. Don't overcrowd the pan. There should be plenty of space between the portions, so steam can escape from the cooking fish and let them become crisp. Fillets should always be started with the skin-side facing up.

Step 3: Cook fillets for 2 to 3 minutes on the first side, until they're lightly golden and beginning to turn from translucent to white. Whole small perch will take longer, approximately 3 to 5 minutes.

Step 4: Turn the perch or fillets, and cook for approximately the same length of time on the second side. The thickest part of the fillet should just be turning white if you pull the fillet apart with the tip of your knife. Whole perch are finished when the flesh lifts away from the backbone.

Step 5: Remove the perch from your skillet and serve them immediately.



GARLICKY PAN-FRIED LAKE PERCH FILLETS

SERVES 2

ALL YOU NEED:

- 1 ½ tbsp olive oil, or more if needed
- 2 lake perch fillets
- salt, to taste
- ground black pepper, to taste
- 5 cloves garlic, thinly sliced
- 1 lemon, juiced

ALL YOU DO:

1. Heat the pan over medium-high heat. Add enough olive oil to coat the pan.
2. Pat dry the perch fillets with a paper towel. Season with salt and pepper on both sides; set aside.
3. Fry the garlic slices until just golden and crispy, being careful not to burn as they will taste bitter. Spoon out the garlic and set aside, leaving the oil.
4. Squeeze half the lemon into the frying/grill pan and mix with the oil.
5. Place the fillets in the pan and grill on one side for 8 minutes. Flip and cook another 6 minutes or until the fish is firm and cooked through. Squeeze the remaining lemon juice into the grill pan and over the fillets.
6. Garnish with the fried garlic slices and a slice of lemon and leftover olive oil from the pan, if desired.

Source: honestcooking.com

COOKING LAKE PERCH



BAKE

Step 1: Brush or spray perch fillets lightly with oil, then season them with salt and pepper. Whole perch should be seasoned inside the belly cavity, as well as on the outside.

Step 2: Arrange the perch evenly on a parchment-lined baking sheet, leaving plenty of space between the portions. Preheat your oven to 425 degrees Fahrenheit for fillets, or 400 F for whole perch.

Step 3: Bake your fillets for 9 to 12 minutes, or until they're no longer translucent in the middle of the thickest part of the fillet. Whole perch take 15 minutes or longer, depending on their size, and should be turned halfway through their cooking time. They're done when the flesh lifts away easily from the backbone.

Step 4: Serve hot from the oven.



PERCH WITH ORANGE BLACK BEAN SALSA

SERVES 4

ALL YOU NEED:

- 1 (11 oz) can mandarin orange sections with juice, drained with juice reserved
- 2 tbsp olive oil
- 2 tbsp red wine vinegar
- salt and ground black pepper, to taste
- 1 (15 oz) can black beans, drained and rinsed
- 1/3 cup sliced roasted red pepper
- 2 tbsp chopped fresh cilantro
- 2 perch fillets
- 1 teaspoon chopped fresh cilantro
- 2 tablespoons water

ALL YOU DO:

1. To make salsa: Whisk together orange juice, olive oil and vinegar. Season to taste with salt and black pepper.
2. Toss together orange sections, beans, red peppers and 2 tablespoons cilantro.
3. Pour orange sauce over and mix. Let stand to allow flavors to mingle.
4. Preheat oven to 350 degrees.
5. Lightly season fillets with salt and black pepper. Place on aluminum foil (on a baking sheet) shiny-side-up, along with 1 teaspoon cilantro and 2 tablespoons water. Cinch closed to form a pocket.
6. Baked in 350-degree oven for 10 to 15 minutes. Open pack to test for doneness with a fork.
7. Gently place fillets on plate. Cover with 2 or more tablespoons of salsa and serve immediately.

Source: fishtalesonline.com