

Walleye Recipes

- Walleye is a white, flaky, mild-flavored traditional fish that is available through the Food Distribution Program on Indian Reservations (FDPIR).
- Walleye is packed with protein and important nutrients including B vitamins, vitamin E, iron, zinc, and magnesium.
- This versatile fish can be used in many ways. Check out these recipes submitted by FDPIR Program Directors from the Midwest Region!



New England Style Fish Chowder

Makes 10-12 servings

Ingredients:

- 2 cups diced potatoes (2 medium)
- 1 cup finely chopped onion (1 medium)
- 2 cups chopped raw carrots (4 large or 24 baby)
- 2 cups finely chopped celery (4 large stalks)
- 2 cups chicken or vegetable broth*
- ½ tsp salt
- 1 tsp paprika
- 1 tsp garlic powder
- 1/8 tsp (pinch) of cinnamon (optional)
- 2 Tbsp. dried parsley
- 2 tsp. salt-free herb seasoning
- ½ tsp lemon pepper (low sodium)
- 1 can corn, no salt added, drained, or 2 cups frozen corn
- 2 pounds of boneless fish filets, about 1 quart (walleye, crappie, salmon or trout)
- 6 cups of low fat milk
- 8 ounces Neufchatel cheese or 1 cup plain Greek yogurt
- 2 Tbsp. cornstarch mixed with 2 Tbsp. cold water or milk

**If using a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base recommended on label and eliminate the salt in recipe.*

Directions: Wash hands with soap and water.

1. Peel potatoes, onion, and carrots. Rinse after peeling and chop into bite-sized pieces. Rinse and chop celery.
2. In a large heavy-bottomed soup pot, add the broth, potatoes, carrots, celery, onions, salt, paprika, garlic powder, cinnamon, parsley, herb seasoning and lemon pepper.
3. Simmer 15 -20 minutes until the vegetables are tender. Add the corn.
4. Cut fish into bite-sized pieces (it is easier to cut if fish is slightly frozen). Add fish, simmer for another 10 minutes.
5. Add milk and Neufchatel cheese or yogurt. Simmer slowly, stirring constantly, do not boil.
6. After the cheese has melted, add the cornstarch slurry to the soup.
7. Continue stirring, heating on low heat, until soup thickens and soup is heated and steaming.

Substitutions: In place of the potatoes, corn, and carrots, you may use 3 cans of mixed vegetables, drained. Two-15 ounce cans of salmon may replace the fish fillets.

Nutrition: This recipe contains protein, low and reduced fat dairy, and vegetables; it is reduced in fat and sodium.

Recipe adapted from Marti Hunt, Lac du Flambeau Band of Lake Superior Chippewa Indians



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Manhattan Style Fish Chowder

Makes 8-10 servings

Ingredients:

- 4 cans diced tomatoes* (puree or blend, or leave diced)
- 4 cups water
- 2 tsp. chicken or vegetable soup base (with no MSG) OR ½ tsp. salt
- 4 cups diced red potatoes (4 medium)
- 2 cup chopped onions (2 medium)
- 2 cups chopped carrots (4 large or 24 baby)
- 1 cup chopped green pepper (1 large)
- 1 cup chopped red pepper (1 large)
- 2 cups chopped celery (4 large stalks)
- 1 Tbsp. salt-free zesty seasoning blend**
- 2 pounds of boneless fish filets, about 1 quart (walleye, crappie, salmon or trout)
- *14.5 oz., no added salt or low sodium

Salt-free Zesty blend: Add the following seasonings to a jar, seal the lid, and shake or mix well.

- 1 Tbsp. onion powder
- 1 Tbsp. garlic powder
- 1 Tbsp. dried oregano
- 1 Tbsp. dried basil
- 1 tsp. dried thyme
- 1 tsp. black pepper
- 2 tsp. cayenne pepper
- 3 Tbsp. paprika
- 1 tsp. chili powder

Directions: Wash hands with soap and water.

1. Add 4 cans of diced tomatoes to a large heavy bottomed soup pot. Using a hand immersion blender or potato masher, blend tomatoes to desired consistency. You may pulse just a few time if you like larger pieces of tomatoes in your soup.
2. Add 4 cups of water and 2 teaspoons soup base.
3. Peel potatoes, onions, and carrots; rinse after peeling, then chop. Rinse peppers, remove core and stem; rinse celery, then chop peppers and celery. Add chopped vegetables to the soup pot.
4. Add 1 Tbsp. zesty seasoning blend. Simmer for 1 hour.
5. Add the pieces of fish; return to simmering and cook another 10 minutes until fish is done.

Substitutions: Replace the canned tomatoes with fresh, in-season, tomatoes, approximately 2 pounds (8 medium sized tomatoes). Rinse the tomatoes then remove skin by placing tomatoes in boiling water for 30 seconds, then transfer to a bowl with ice cold water. Skins will slide off easily. Include all the juice from the tomatoes when dicing and add to the soup pot. Replace the red pepper with another green pepper.

Nutrition: This recipe provides vegetables and protein. It is reduced in fat and sodium. To reduce the sodium further, eliminate the salt and use reduced sodium soup base.

Recipe adapted from Marti Hunt, Lac du Flambeau Band of Lake Superior Chippewa Indians



Baked Breaded Fish (Coating #1)

Makes 3 cups of coating

Ingredients:

- 1½ cup cornmeal
- ½ teas. salt (eliminate if lemon pepper has salt)
- ½ cup whole wheat flour
- 1 teas. sugar
- ½ cup bakery mix
- 1 teas. lemon pepper (low sodium, no MSG)
- ½ cup dried potato flakes (instant mashed potatoes)
- ½ teas. paprika

Fish fillets, cut into 3-4 oz. portions. Use walleye, crappie, bluegill, trout, or bass.

Directions: Wash hands with soap and water.

1. Mix all coating ingredients well and mix/shake container each time you use the coating.
2. Using a colander, drain excess moisture from the fish. Place the fish pieces in a plastic container with a cover; shake gently until pieces are lightly covered.
3. Spray baking sheet with pan spray and place fish pieces on the sheet so they are not touching. Bake at 375°F in oven until done, 15–20 minutes. Turn over halfway through the baking time so the coating is crisp on both sides. Fish should flake easily with a fork.
4. Fish is done when temperature reaches 145°F. Do not overcook; fish is done when the flesh just starts to flake. Thinner fish fillets will cook faster than thicker ones.
5. Unused coating will keep for several months in a tightly sealed container. Throw away any of the coating that came in contact with the raw fish.

Baked Breaded Fish (Coating #2)

Makes 3 cups of coating

Ingredients:

- 1½ cups of whole wheat bread crumbs*
- ½ teas. salt (eliminate if lemon pepper has salt)
- ¾ cup dried potato flakes (instant mashed potatoes)
- 1 teas. sugar
- ¾ cup bakery mix
- 1 teas. lemon pepper (low sodium, no MSG)
- ½ teas. paprika

milk or egg mix for coating fish

Fish fillets, cut into 3-4 oz. portions. Use walleye, crappie, bluegill, trout, or bass.

**1 slice of day old, dry bread will give you about ½ cup bread crumbs*

Directions: Wash hands with soap and water.

1. With this coating mixture, first dip the pieces of fish in milk or egg (or mixture of each), then into the coating. Press pieces into the coating so it adheres well.
2. Bake as directed above in the Coating #1 recipe. Use only the coating you need for the batch. Throw away any of the coating that came in contact with the raw fish.
3. Save the unused coating in a tightly sealed container in the refrigerator or freezer. It will keep for about a week in the refrigerator or several months in the freezer.

Nutrition: This recipe provides protein, and the coating contains grains, including whole grains. It is reduced in sodium; to reduce the sodium further, eliminate the salt.



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Seafood Creole *Makes 8 servings*

Ingredients:

- 1 cup rice (uncooked)
- 1 cup chopped onions (1 medium)
- 1 cup chopped green peppers (1 large)
- 1 cup chopped celery (2 large stalks)
- 2 cans diced tomatoes with juice*
- 1 cup chicken broth+
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. lemon juice
- ¼ tsp. cayenne pepper
- ½ tsp. oregano
- 1½ tsp. paprika
- ½ tsp. basil
- ½ tsp. thyme
- 1 tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. black pepper
- ½ tsp. salt (optional, eliminate if broth contains salt)
- 1 pound fresh or frozen boneless fish and/or seafood (crappie, whitefish, bluegill, walleye, shrimp, etc.)

*14.5 oz., reduced sodium or no added salt
+ If using a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base specified on the label's directions and eliminate the salt.

Directions: Wash hands with soap and water.

1. Cook rice according to package directions.
2. While rice is cooking, prepare vegetables. Peel onion; rinse after peeling. Rinse pepper, remove stems and seeds. Rinse celery. Chop onion, peppers and celery. Add chopped vegetables and 1 can of diced tomatoes to a large, heavy bottomed pan.
3. Puree the other can of tomatoes and add this and the cup of chicken broth to the pan.
4. Next, add the Worcestershire sauce, lemon juice, cayenne pepper, oregano, paprika, basil, thyme, garlic powder, onion powder, pepper, and salt.
5. Simmer on low to medium heat for 30 minutes until vegetables are tender.
6. Cut the fish or seafood into bite-sized chunks. Add to the sauce and simmer just until fish is done and has lost its opaque color. This only takes a few minutes; do not overcook. Serve over hot cooked rice.

Substitutions: Replace the seasonings with 5 tsp. of the salt-free Zesty seasoning blend from the Manhattan Style Fish Chowder recipe.

Nutrition: This recipe provides protein, grains, vegetables, and is reduced in fat and sodium. To reduce the sodium further eliminate the salt and use salt free chicken broth. Using brown or wild rice will increase the fiber content.

Recipe adapted from Marti Hunt, Lac du Flambeau Band of Lake Superior Chippewa Indians

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Jambalaya

Makes 10-12 servings

Ingredients:

- 1 cup chopped onion (1 medium)
- 1½ cups uncooked rice
- 1 cup chopped carrots (12 baby or 2 large)
- 2 cups diced cooked lean ham (about ¾ lb.)
- 1 cup chopped celery (2 large stalks)
- 2 cups diced cooked turkey or chicken breast (about ¾ lb.) -remove skin and underlying fat
- 1 cup chopped green pepper (1 large)
- 2 cans diced tomatoes*
- 1 cup of cooked fish or seafood pieces – optional (about ½ lb.) (crappie, bluegill, walleye, whitefish, crab, or shrimp)
- 4 cups chicken or vegetable broth+
- 1 tsp. garlic powder
- 1 Tbsp. salt-free zesty seasoning blend**
- ½ tsp. salt (optional, not used if broth contains salt)

*14.5 oz, no added salt or low sodium

**salt-free Zesty seasoning blend from the Manhattan Style Fish Chowder recipe

+ If using a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base recommended on label and eliminate the salt. To make homemade broth, simmer 2 chopped onions and 4 chopped stalks of celery in 4 cups water for an hour.

Directions: Wash hands with soap and water.

1. Peel onion and carrots, rinse after peeling. Rinse celery. Rinse green pepper, remove stems and seeds. Chop onion, carrots, celery, and green pepper.
2. In a large heavy bottomed soup pan, add chopped raw vegetables, diced tomatoes, broth, garlic, zesty seasoning, and optional salt. Simmer on medium heat 10 minutes until vegetables are tender.
3. Add uncooked rice and simmer for 30 -45 minutes until rice is tender.
4. Add the diced ham, turkey or chicken and optional fish or seafood. Stir well and simmer on low heat until heated through.

Substitutions: You may substitute a salt-free Cajun seasoning blend for the mix in this recipe.

Nutrition: This recipe provides protein, grains, vegetables, and has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt and replace the ham with turkey. Use brown or wild rice for more fiber and flavor. If you use wild rice, you will only need 1 cup. Wild rice should be rinsed well using a strainer (until water runs clear), before adding it to the pot.

Recipe adapted from Marti Hunt, Lac du Flambeau Band of Lake Superior Chippewa Indians