

PLAY



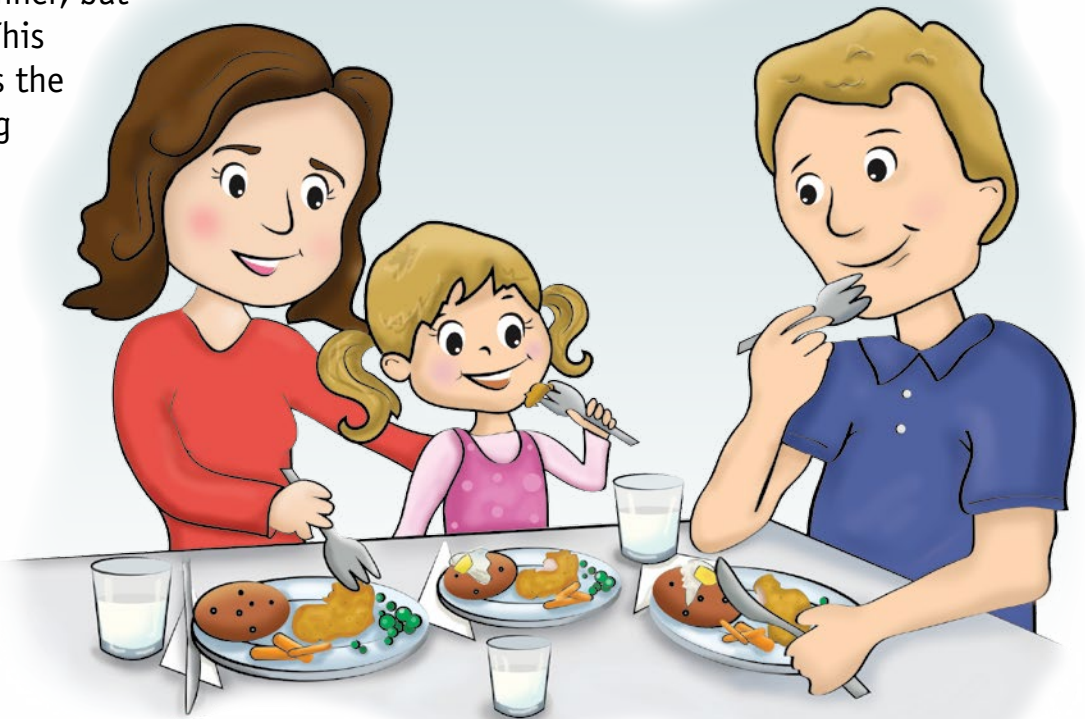
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Pennsylvania • League • of • Angling • Youth

Fish for Dinner!

So, you want to take home some wild-caught fish for dinner, but where do you begin? This *PLAY* issue will address the regulations for keeping fish, how to clean fish and ideas for cooking fish for dinner.

Why eat fish? Fish are nutritious and low in fat and high in protein. Fish provide valuable vitamins and minerals. The Omega-3 fatty acids in fish are also good for your heart.



Vocabulary *(Watch for these words!)*

- **Fish Consumption Advisory** – recommendation to limit or avoid eating certain fish species due to chemical contamination
- **Live Well** – tank on fishing boats used to keep fish alive
- **Dorsal Fin** – fin on a fish's back
- **Parasites** – organisms that live in or on a host and benefits at the host's expense
- **Stringer** – line of rope or chain which fish can be strung for transport

Care of the Catch: Getting Fish Home

If you are planning on taking your catch home, make sure you have the correct tools, a game plan and knowledge of the regulations.

Equipment to keep and transport your fish:

- Pliers/forceps – for removing hooks
- Measuring tape – to measure fish for legal length
- **Stringer**, fish basket or **live well** – to store fish
- Cooler/bucket with ice – to keep fish chilled for the ride home

The *Pennsylvania Fishing Summary* outlines the regulations on seasons, sizes and creel limits, so you can make sure it is legal to keep your catch. The summary book is available online at www.fishinpa.com.

Fish Consumption Advisory:

The U.S. Food & Drug Administration recommends cooking fish to 145-degrees F, which will kill any **parasites** that may be present. Visit the Fish Consumption Advisory pages in the *Pennsylvania Fishing Summary*. It includes fish consumption recommendations for different waterways due to contaminants that can be present in fish such as PCB organic compounds or mercury. This information will help you make decisions on eating fish from certain waterways. The summary book also provides tips on cleaning and cooking fish, which can limit exposure to contaminants. General advice is to eat no more than one meal (½ pound) per week of sport fish caught from Pennsylvania's waterways.



Care of the Catch: Dressing a Fish

It is best to clean your fish at home with your parent's help. You will need a supply of fresh, running water.

Equipment:

- Pocket knife
- Disposable gloves
- Bag – to dispose of entrails
- Sink – for running water

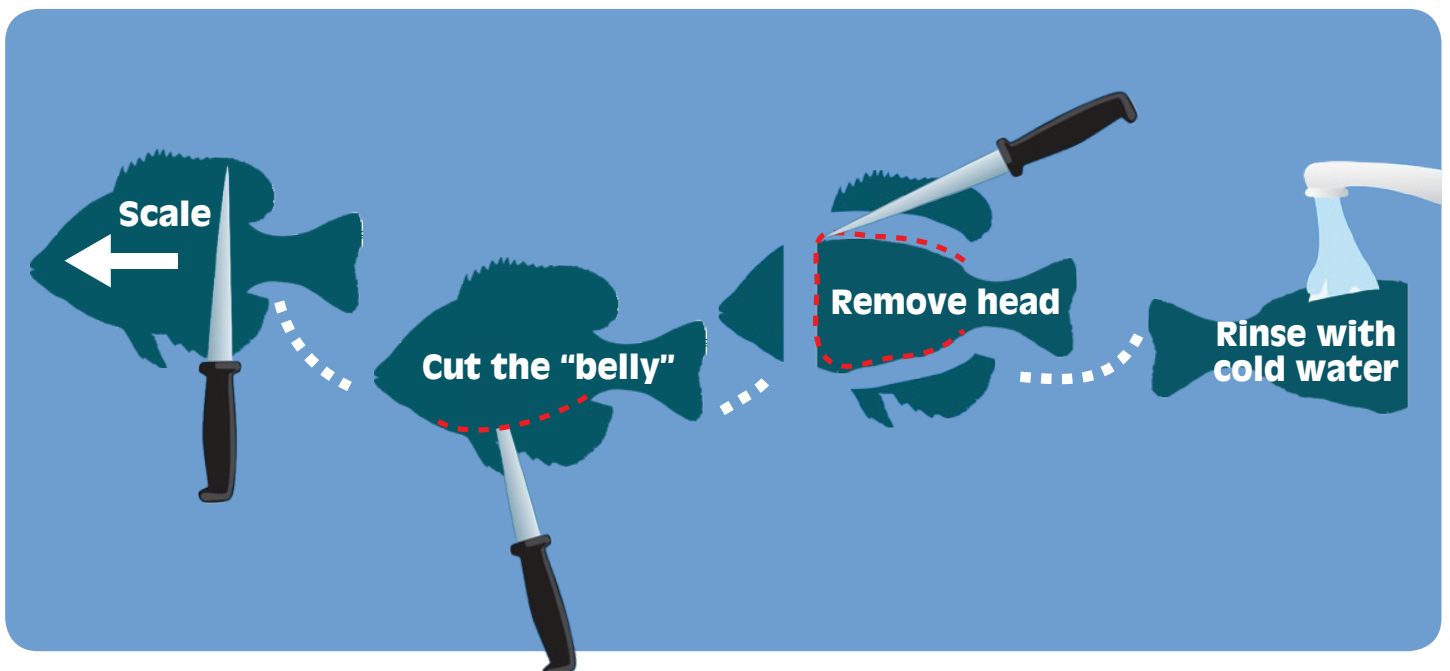
Fishing Regulation—Field Dressing and Disposal of Fish:

It is unlawful to remove fish entrails while on shore or discard fish parts into waterways.

Here are the steps to dress a fish:

1. Cut the fish's "belly" from the vent to the throat.
2. Remove the entrails and gills.
Optional: the head can be removed and fins trimmed.
3. Rinse fish with cool water as you clean.
4. Keep the fish cold to avoid spoilage.

Optional: You may scale fish that have hard scales. Run a spoon or scaling tool from tail to head to scrape off scales on both sides of fish.



Care of the Catch: Filleting

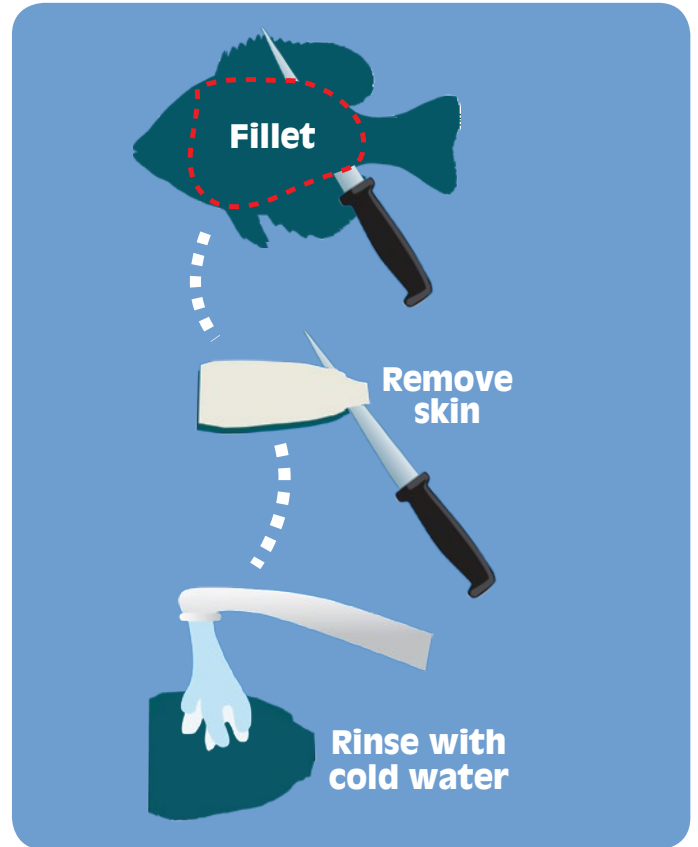
Equipment:

- Fillet knife
- Sharpening stone
- Cutting board

Here are the steps to fillet a fish:

1. With an adult helper, lay a fish on its side on a cutting board.
2. Press down firmly on the fish with one hand and cut down the backbone along the **dorsal fin** from head to tail with a sharp fillet knife.
3. Starting from the top of the fish, cut with the knife parallel to the fish, running the knife along the ribs to avoid bones in the fillet.

Optional: Cutting boards with a spring-loaded tail clip help hold the fish in place.



Fish Recipe

Bluegill Fillets

Bluegill Fillets

Ingredients:

- 1-pound Bluegill fillets
- salt and black pepper
- 1 egg
- 1 Tbsp. milk
- ½ cup all-purpose flour
- Vegetable oil



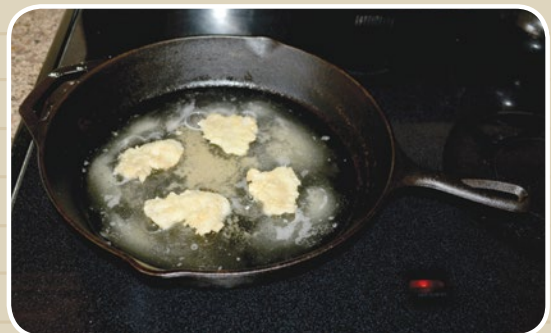
Dip both sides of the fish fillets into the egg wash.



Then, coat with flour.

Steps

1. Sprinkle Bluegill fillets with salt and black pepper.
2. Beat egg and milk in a bowl. Measure flour into a second bowl. Dip both sides of the fish fillets into the egg wash. Then, coat with flour.
3. Heat oil (½ inch) in a 10-inch skillet over medium heat for about 2 minutes. Fry fish in oil for 6- to 10-minutes, turning once, until fish is white and flakes easily with a fork. Cook until brown on both sides. Drain on paper towels.



Fry fish in oil for 6- to 10-minutes.



Cook until brown on both sides.

Fish Recipe

Whole Trout

Whole Trout

Ingredients:

- 2 tsp. olive oil, or to taste
- 2 whole trout, dressed
- ¼ tsp. dried dill
- ¼ tsp. dried thyme
- salt and black pepper
- ½ large onion, sliced
- 2 thin lemon slices
- 2 Tbsp. hot water

Steps

1. Preheat the oven to 400-degrees F. Grease a 9x13-inch baking dish with 1 tsp. of olive oil.
2. Place trout in the prepared baking dish. Coat the trout with olive oil. Season the inside and outside of the fish with dill, thyme and salt. Stuff the fish with onion and lemon slices. Sprinkle black pepper over the top of the fish.
3. Bake the fish in the preheated oven for 10 minutes. Add water to the dish. Continue baking until the fish flakes easily with a fork, about 10 minutes more.



Fish Dinner Word Search

Q	A	C	O	W	H	H	B	N	I
F	L	O	U	R	S	N	L	M	P
X	V	M	N	I	K	T	U	E	S
N	J	C	F	N	Q	E	E	T	B
N	C	N	O	O	A	L	G	R	A
X	A	M	I	Z	J	L	I	O	K
P	E	L	B	D	D	I	L	U	E
L	B	A	K	E	D	F	L	T	W
I	C	Y	E	W	P	P	I	P	C
Z	E	R	V	P	H	J	A	Y	T

Word List

FILLET

BAKED

LEMON

FLOUR

OIL

BAKE

TROUT

PANFISH

BLUEGILL

(*Hint: Some words may appear backwards.*)

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Answer Key