

RECIPE for health

JUNE 2010

In partnership with Health4U and Culinary Services

Featured Food:

WALLEYE



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If you've lived or fished in Canada, you may call them yellow pickerel. Here in the Great Lakes state, they're walleye, the wildly-popular perch whose name comes from their large opaque eyes that reflect light. This attribute serves them well in the low-light conditions at dawn and dusk in the rough waters where they prefer to feed.

Lake Erie is by far the largest producer of walleye, for both sport and commercial fishing. In 1970, people were unable to fish in Lake Erie due to mercury contamination. While Lake Erie recovered well and reopened to anglers in 1974, contamination remains an issue for carnivorous fish like walleye because they feed in the lake for four or more years before they reach the legal catch size.

Even if you choose smaller-sized fish, you should not eat walleye more than once per week, less often for women of childbearing age and for those less than 15-years-old. For more information, check out the Michigan Family Fish Consumption Guide, available online at: www.michigan.gov/documents/FishAdvisory03_67354_7.pdf.

For freshness sake, it's best to buy fish on the same day you plan to cook it. If you're not cooking it the minute you get home, take it out of the package, pat it dry with a paper towel, put it in a zipper-locking bag and seal it with as little air in the bag as possible. Then place your repackaged fish on a bed of ice in the refrigerator. Once the ice melts, replenish it. This will keep your fish fresh, but only for one day.

Walleye's flavor is enhanced with mild seasonings whether you pan-fry, grill, bake it in parchment (the French call this "en papillote") or follow our chef's recipe below. No matter how you cook your fish, bring it to an internal temperature of 145°F, being careful to cook it just until it's no longer shiny in the center.

Pan-seared Walleye

Recipe developed by Corporate Chef Kurt Kwiatkowski and featured in Residential Dining Services. Serves 6.

Topping for Fish:

- 2 Tablespoons Olive Oil
- 2 Tablespoons Diced Shallots
- ½ Cup Sliced Shiitake Mushrooms
- 1 Tablespoon Minced Garlic
- 2 Cups Baby Spinach Leaves
- 2 Tablespoons White Wine
- Zest of ½ Lemon
- 1 Teaspoon Kosher Salt

Warm olive oil in a medium pan over medium heat; add shallots and sweat for two minutes. Add mushrooms and sauté for four minutes. Then add garlic, spinach and the white wine while sautéing for two minutes or until spinach has wilted and is cooked through but has not lost its bright green color. Add lemon zest and salt, then remove from heat and set aside.

Sauce:

- 1 Tablespoon Olive Oil
- 2 Tablespoons Diced Shallots
- 2 Tablespoons Chopped Fresh Tarragon
- ½ Cup White Wine Vinegar
- ½ Cup White Wine
- 1 Whole Roasted Red Pepper
- 4 oz. (1 stick) Unsalted Butter
- Salt and Pepper to Taste

Warm olive oil in a sauté pan over medium heat; add shallots and sweat* for one minute. Add tarragon, vinegar and wine. Bring mixture to a simmer. To make a reduction, cook until most of the liquid evaporates and there is only about four tablespoons of the mixture remaining. Remove from heat.

Place roasted red pepper in blender; blend until fairly smooth. Add to reduction in sauté pan. Over medium heat, bring sauce to simmer. Add butter in one Tablespoon amounts. Remove from heat. Season with salt and pepper to taste.

Assembling and Cooking the Fish

- 2 Fillets of Walleye Fish
- 1 Teaspoon Kosher Salt
- ½ Teaspoon Black Pepper
- Juice of ½ Lemon
- 2 Tablespoons Olive Oil
- 1 Cup Flour

Lay out fish fillets meat side up. Sprinkle with salt, pepper and lemon juice. Cut each filet into three equal portions using a bias cut. Then lightly dredge each fillet into the flour on both sides, coating the fish.

Warm olive oil in a non-stick sauté pan over medium high heat. Place fish in the pan skin side down and cook for four minutes to sear and lightly brown. Turn and cook on other side for three to four minutes or until fish has started to flake apart.

Place two oz. of sauce on each plate. Place fish on the sauce with the skin side facing up and then two tablespoons of the topping on the fish and serve.

* "sweat" is a cooking method which means to cook in a small amount of fat over low heat. The pan is covered and the ingredient cooks in its own juices until softened without browning.