



Atlantic or Pacific Salmon Recipe

Baked Salmon Recipe

Serves 3-4

- 16 oz. fillet of salmon
- 1/2 cup parsley, chopped
- 3 tablespoons olive oil
- 1 lemon
- Salt and pepper to taste

Tips for Cooking Fish

Foil is your friend! Wrap fillets in foil, or place fish on top of foil before baking or grilling for easy cleanup!

When grilling, use a hot, clean, well-oiled grill.

Preheat the oven to 400 degrees. Place the whole salmon fillet, skin side down, in an oven-safe baking dish lined with foil. Lightly salt and pepper the fillet. Sprinkle with parsley. Drizzle with olive oil and squeeze the juice of 1/2 lemon on top. Bake in the oven for about 20 minutes or until cooked to desired doneness. If desired, garnish with lemon wedges.

Remember to search **Eating Your Catch** at dnr.wi.gov to learn how careful cooking and preparation can reduce contaminants!





Crispy White Fish Recipe

Cornmeal Crisped White Fish

Serves 4

24 oz. tilapia, cod, or other flaky white fish
1.5 cups buttermilk*
1 cup cornmeal
1 tablespoon chili powder
2 tablespoons olive oil
Lemon, parsley or cilantro (for garnish)

Tips for Cooking Fish

You can tell a fish fillet is done when it's opaque and a knife meets little resistance when you poke the thickest part of the fillet.

Soak fish in buttermilk for approximately 15 minutes. Meanwhile, combine cornmeal and chili powder. Place a large skillet over medium heat; add 1 tablespoon olive oil to the hot pan. Pull half the fish from the buttermilk; gently shake off extra liquid, and then dredge in cornmeal mix. Cook fish for about 4-5 minutes per side, turning once, until golden brown. Wipe skillet clean; then cook remaining pieces of fish using second tablespoon of olive oil.

Garnish with lemon or arugula and tomato.

** To substitute regular milk for buttermilk in the above recipe: add 1.5 tablespoon fresh lemon juice or white vinegar to enough skim, low-fat or whole milk to make 1.5 cups total. Stir and let sit for two minutes.*