

You can now keep the fish you catch.
Only 20 cents/inch (payable at the office)

How to clean a trout (It's easier than you think)

Step 1

Wash off the fish with water to remove the slippery layer on the skin. This will make handling the fish easier when you start to clean it.

Step 2

Find a stable surface on which to clean your trout. Spread out newspapers for the fish entrails.

Step 3

Cut off the head of the trout just behind the gills. Place the head aside.

Step 4

Slice open the fish's belly from the anus forward.

Step 5

Pull out the entrails. Scrape out the blood vein along the backbone. Wash the fish thoroughly with fresh water.

Step 6

Place the cleaned fish in a bowl of water until any other fish you caught are cleaned.

Step 7

Store the cleaned trout in a plastic bag. Place it in a cooler until you are ready to cook it.

Trout Recipes

Stuffed Baked Fish

1. Take whole, dressed fish (thaw if frozen) and wash and pat dry. Rub inside with salt, pepper and lemon juice. Stuff with finely sliced vegetables (green pepper, mushrooms, onions, celery, etc.) or with a seasoned bread stuffing. Contain stuffing in cavity by closing with string or skewers.
2. Place fish on greased baking dish. Brush with melted butter or oil or cover with sauce.
3. Bake at 230°C (450°F) or on BBQ for 5 to 7 minutes per cm (10 to 12 minutes per inch) thickness of stuffed fish.

Steamed Fish

1. Season and stuff whole fish as for baking, or season fillets with salt and pepper and herbs such as basil, thyme, tarragon, or dill.
2. Grease a sheet of foil or the bottom of a covered casserole dish with butter. Place prepared fish on foil or in casserole. Squeeze juice of one lemon over fish if desired. Enclose by sealing foil or by covering casserole.

4. Bake in preheated oven at 230°C (450°F) (or over a campfire or barbecue if wrapped in foil) for 5 to 7 minutes per cm (10 to 12 minutes per inch) thickness of fresh or thawed fish, doubling the time for frozen fish.

Pan Fried Fish

1. Dip fresh or thawed fillets or pan-sized fish in milk, and roll in seasoned flour, bread crumbs, cracker crumbs, cornmeal or corn flake crumbs. Coat well.
2. Pan fry in skillet in hot vegetable oil about three minutes on each side or until fish flakes easily with a fork. Garnish with parsley and lemon wedge and serve immediately.

Broiled Fish

1. Season fillets or pan-sized fish with salt and pepper and brush with melted butter or oil. (Try garlic butter, but not too much or you won't taste that delicious fish!) For marinated pieces of fish, remove from marinade and drain briefly. Place on well-greased broiler pan.
2. Place pan under preheated broiler 10 cm (4 inches) from the heating source for fresh or thawed fish and 15 to 20 cm (6 to 8 inches) from heat for frozen fish. Broil 2 to 3 minutes for thawed fish or 4 to 6 minutes for frozen fish.
3. Baste again and broil an additional 2 to 3 minutes for fresh and 4 to 6 minutes for frozen fish, or until fish flakes easily when tested with a fork.

Do you have a recipe or technique that you would like to share? Email to info@rubberduckyresort.com or let us know at the office.