

Walleye Quick Facts:

Walleye are the largest member of the perch family and a predatory fish.

Walleyes are darkly colored on top with a paler underside. Their mouths contain a series of very sharp teeth, which helps them eat other fish.

The average walleye caught and kept is about 14 inches long and weighs slightly more than 1 pound.

The walleye is named for its pearlescent eye, which is caused by a reflective layer of pigment that helps it see and feed at night or in murky water.

Walleyes are a cool-water species native to freshwater rivers and lakes of the northern United States and Canada.

Walleyes are one of the most popular sports fishes in North America.

Handling Walleye:

Fresh walleye should be refrigerated at 30 to 34 degrees F. For maximum shelf life, the whole fish should be surrounded with fresh ice in a perforated pan allowing any water to drain away from the product. Never directly ice a walleye fillet. Filleted or portioned fish should be stored in a sealed plastic container and surrounded with ice.

Fresh whole walleye which has been handled and stored properly should retain optimum quality for 5 to 7 days. Once the fish is filleted or portioned, it should be used within 2 to 3 days.

Frozen walleye can be commercially stored for up to one year.

Cooking Walleye:

Broiled

Step 1 Lay fillets skin side down on a broiler pan. Brush filets with butter or oil and desired seasonings.

Step 2 Broil for about 10 minutes for every half inch of thickness of the fillets. For example, if the walleye is an inch thick, broil for 20 minutes.

Baked

Step 1 Preheat the oven to 450 degrees F.

Step 2 Brush the walleye fillets with melted butter or oil, then roll in bread crumbs. Season with salt and pepper as desired.

Step 3 Place the fillets in a pan and bake for 15 minutes.

Grilled

Step 1 Oil grill grates or rack. Heat to medium-high heat.

Step 2 Season filets as desired.

Step 3 Place the fillets on the grill.

Step 4 Grill fish about 5 minutes on each side or until the fish flakes and looks opaque when pushed apart with a fork.

Recipes:

Crispy Baked Walleye

Serves 4.

All you need:

2 eggs

1 tbsp water

1/3 cup dry bread crumbs

1/3 cup instant mashed potato flakes

1/3 cup grated Parmesan cheese

1 tsp seasoned salt

4 (4 oz each) walleye fillets

All you do:

1. Preheat oven to 450 degrees F. Grease a baking sheet; set aside.
2. Beat eggs and water together in a bowl until smooth; set aside. In a separate bowl, combine bread crumbs, potato flakes, Parmesan cheese and seasoned salt until evenly mixed.
3. Dip the walleye fillets into the beaten egg, then press into the bread crumb mixture. Place on the prepared baking sheet.
4. Bake 15 to 20 minutes or until the fish is opaque in the center and flakes easily with a fork.

Source: allrecipes.com

Grilled Walleye

Serves 4

All you need:

4 (6 oz each) walleye fillets

2 tbsp olive oil

2 tbsp fresh lemon juice

1 tsp thyme

1 tsp kosher salt

1 tsp fresh ground pepper

1 tbsp lime juice

All you do:

1. Preheat grill to medium-high heat.
2. Mix olive oil and lemon juice together in a bowl.
3. Sprinkle fillets with thyme, salt and pepper and place in olive oil and lemon juice. Marinate for 10 to 15 minutes.

4. Carefully oil grill grates or rack.
5. Grill, skin side down, about 5 minutes. Drizzle the fillets with the lime juice and flip. Cook an additional 5 minutes. Fish is done when it flakes easily with a fork.

Source: food.com