

Poor Man's Lobster

By Unknown

Ingredients:

- About a pound of cubed burbot
- 2-3 cups of water
- 1 tablespoon of vinegar
- 1 teaspoon of Old Bay seasoning
- 1 teaspoon of lemon pepper
- Melted butter, seasoned with garlic salt

Directions:

Boil water and add vinegar, Old Bay, lemon pepper, and cubed burbot. Fish will float to the surface when complete (few minutes). Dip burbot in melted garlic butter and enjoy.

Pan-Fried Burbot

By Flaming Gorge Resort

Ingredients:

- Roll of Ritz crackers
- 1-2 tablespoon flour
- Garlic salt to taste
- Lemon pepper to taste
- Cajun spice to taste (optional)
- 1-2 eggs
- 1 cup milk
- Burbot fillets
- Cooking oil

Directions:

In a Ziploc bag, crush crackers, add flour and season with garlic salt, lemon pepper, and Cajun spices (optional), and set aside. Mix egg and milk in a small bowl. Dip fillets in egg/milk mixture and then shake fillets in Ziploc mixture until covered. Let covered fillets rest on plate. Pour cooking oil in frying pan and bring to medium heat. Fry fish until golden brown and it begins to flake (flip while cooking if not covered completely in oil. Let fillets cool on paper towel and serve!

Boiled Burbot

By Flaming Gorge Resort

Ingredients:

- 2 lbs burbot fillets
- 10 cups water
- Old Bay seasoning
- 1 lemon
- 1 cup butter

Directions:

Cut burbot into bite sized cubes. Bring water to a boil, add Old Bay seasoning to taste (start with 1 Tablespoon and increase for more flavor). In a separate pan, melt butter slowly over low heat; add juice from one lemon to butter. When water is at a rolling boil, add cubed burbot and cook until meat rises to the top of the water. Remove with slotted spoon and place in serving bowl. Dip cooked burbot in warm butter and lemon mixture and enjoy!

Grilled Burbot

By Triblive.com

Ingredients:

- 2 burbot fillets, fresh or thawed
- 1 tablespoon olive oil
- 2 tablespoon lemon juice
- 1/2 teaspoon garlic powder
- Pinch of tarragon
- 1/2 teaspoon paprika

Directions:

Brush the fish with a mix of olive oil, lemon juice, garlic powder and tarragon, and then sprinkle them all over with paprika. Broil the fish in the oven or barbecue them on a grill for six to eight minutes, then serve.

Burbot Chowder

By Aaron Kern

Ingredients:

- 3 lbs burbot fillets, cut into bite-sized chunks after grilling or steaming (see directions)
- 8 slices bacon
- Fresh parsley leaves (optional)
- 1 bunch scallions, chopped
- 8 garlic cloves
- 1 tbsp ground thyme
- 4 cups Vegetable broth OR 3 cups vegetable broth and 1 8-oz bottle of clam juice.
- 2-lb potatoes, skin on, diced.
- 4 cup frozen corn
- 1/2 tsp salt or to taste
- 1 tsp black pepper or to taste
- 4 8-oz cans creamed corn
- 2-12 oz cans evaporated fat-free milk
- 1/2 cup smoked Gouda, Muenster, Havarti, or Brie. Something that is creamy and rich once melted.
- 1 cup or so instant potato flakes
- 1 tsp Worcestershire sauce
- 1-2 tsp Old Bay Seasoning or to taste (see below)
- 1/2 tsp red pepper flakes or to taste (optional, but recommended for those that like just a touch of spice). It sounds weird, but it works.

Directions:

Cook bacon in a large pot, remove, and crumble. Set aside. Add to scallions, thyme, garlic salt, black pepper to bacon drippings and sauté 5 minutes. Raise heat, and then add potatoes and broth. Bring to a simmer and keep at low simmer, uncovered, about 15 minutes. Add both types of corn, Worcestershire sauce, and evaporated milk. Simmer another 15 minutes, stirring occasionally to blend ingredients. Cut heat; stir in potato flakes a couple tablespoons at a time until you have it as thick as you want. Add cheese.

Either grill or steam fillets marinated in a little olive oil and the Old Bay seasoning and then add the already cooked fish to the soup as it is cooling down. Grilled would be Aaron's favorite way, as it adds a nice smokiness and char flavor. Garnish bowl of soup with the crumbled bacon and parsley leaves.

Burbot Hash

By Alaska Department of Fish and Game

Ingredients:

- 3 cups burbot, simmered in lemon stock
- 6 small cooked potatoes
- 3 small cooked carrots
- 1 ½ onions

- 4-6 TB oil
- 1 ½ tsp. dehydrated parsley flakes salt & pepper

Directions:

Put the fish, from which all bones have been removed, potatoes, carrots, and onion through the food chopper. Add the parsley; mix well, and season to taste. Put oil in frying pan, add the hash, and cook slowly, until browned. Serves 6-8.

Creamed Burbot and Vegetables **By Alaska Department of Fish and Game**

Ingredients:

- 1 cup steamed, flaked burbot
- 1 cup diced cooked carrots
- 1 cup cooked peas
- 2 cups thin white sauce

Directions: Mix together all ingredients; season to taste. Serve hot on buttered toast, baking powder biscuits, fried noodles or waffles. Serves 6.

Stuffed Tomatoes **By Alaska Department of Fish and Game**

Ingredients:

- 1 ½ cups steamed flaked burbot
- 3 tsp chopped parsley
- 6 TB bread crumbs
- 6 TB fish broth
- Salt and pepper
- 3 tomatoes

Directions: Mix well the first four ingredients, season to taste. Cut tomato in half. Scoop out the seeds and pulp, and fill with the fish mixture. Place in a greased baking dish and bake for 20 minutes in a moderate (350°F) oven. During the baking period, baste with melted butter mixed with hot water. Serves 6.