

**If you have a good day of catching small lake trout you might want to try one of the following recipes.**

**Baked Athens Style Lake Trout**  
Works well with any trout or salmon fillets



Ingredients:

- 6 small Lake Trout boneless fillets (16-20 inch fish)
- One small bottle (24 oz) of spaghetti sauce
- 4 tablespoons of parsley flakes
- Sauce ingredients below

Mix sauce:

- 1/4 teaspoon of oregano
- 1/4 cup of olive oil
- 3 tablespoons of flour
- 1 teaspoon of paprika
- 1 teaspoon of garlic salt
- 1/2 teaspoon of lemon pepper
- 2 tablespoons of lemon juice

Directions:

- Cover bottom of baking dish or pan (~3 qt) with spaghetti sauce
- Place fillets on top of sauce (cut fillets to fit)
- Cover fillets with mixture and parsley flakes
- Cover dish with foil
- Bake for roughly 1-hour at 350<sup>0</sup>, removing foil for the last 15-minutes
- Serve cooked fillets/sauce on top of vermicelli with a vegetable side and garlic bread

## Grilled Lake Trout

Fillet fish but leave skin on. Remove any bones. Turn grill on to medium heat and let warm up. Lightly oil both sides of fillets with olive or vegetable oil to keep fillets from sticking to grill. Season meat side of fillet with lemon pepper and garlic salt to taste. Place skin side down on grill and cook for 5-6 minutes. Turn fillets over and peel skin off using tongs or fork. Skin should peel off easily if cooked well enough. Sprinkle more spices on exposed skin side if desired. Cook another couple minutes and flip back over and cook for one more minute or so to put grill marks on it and you're done. You can add bread crumbs to the meat side before grilling for a different taste. You can also use this technique with a cedar plank.

## Barbeque Lake Trout Teriyaki Marinade

1 or 2 Lake Trout (18-24 inches) (scaled, filleted, leave skin on)

Juice of one or two fresh lemons (medium)

¼-1/3 cups packed brown sugar

Teaspoon garlic powder (not garlic salt)

1/3-1/2 cup Soy sauce

Mix ingredients and put into a large Ziploc bag with fillets for minimum 20 minutes, **preferably: 2-3 hours in a refrigerator**

Cook on grill with skin side down over medium heat.

Cook until flesh flakes and edges start to brown. Approximately 6-10 minutes.

Note: Adjust sugar and garlic to taste.