

Lake Trout Recipes

Following are recipes shared by employees of the Wyoming Game and Fish Department and the Utah Division of Wildlife Resources. A couple recipes were found online and looked really good. If you share your recipe with us we will add it to this document and share them on our Green River Regional website (John.walrath@wyo.gov). Thanks.

Baked Athens Style Lake Trout By Ryan Mosley

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 350⁰, 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

By Lowell Marthe

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 with Teriyaki Marinade

By Lorraine Keith

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.

When done slip spatula between fillet and skin. Lift fillet off skin.

Note: Adjust sugar and garlic to taste.

Smoked Lake Trout "Pups"

By Commissioner Schmid

My favorite way to enjoy Lake Trout "Pups " is smoked. I have a big family and when I smoke these I become popular with them again....lol

4- 5"pup" lake trout – fillets cut into three equal pieces

Brine:

3 cups water

1 cup soy sauce

1/3 cup brown sugar

1/3 cup white sugar

1/3 cup kosher salt

1/2 tsp. onion powder

1/2 tsp. garlic powder

1/2 tsp. black pepper

Preparation

- Mix brine well making certain all dry ingredients get dissolved. Place lake trout fillets in container making sure all pieces are covered with brine and place in refrigerator/cooler.
- Soak fish in brine for a minimum of 8 hours, I usually go overnight which is more like 12 hours.
- After 8-12 hours pull fillets out of the brine, rinse with cold water, place on a paper towel and pat dry. Let fillets set at room temperature for a couple hours or until they become tacky/sticky and will look glazed.
- Once ready place fish on smoker racks skin side down and slide in smoker. Use the blend spelled out below in your smoke box. Set smoker temp at 200 degrees and smoke for about 2 hours or until the tails and edges start to curl, thicker pieces will take a bit longer.
- **Smoke box blend:** My smoking blend is 1/2 cherry & 1/2 apple, I soak the wood chips for a couple hours. After soaking I drain the water off and place chips in smoker box. Then I dump a can of Hi Mountain Smokehouse Alder Orange Peel (0.25 lbs) on top of wood chips.
- After smoking, pull them out, pull apart and place a piece on your favorite cracker with a dollop of cream cheese equals damn tasty....they are great alone too.

Grilled Garlic and Butter Lake Trout

By Mark Zornes

- 1) Fillet and leave the hide on
- 2) Mash up a clove of garlic or use garlic powder
- 3) Melt some butter
- 4) Mix the garlic and butter
- 5) Baste the fillets liberally with the garlic and butter mixture
- 6) Sprinkle lemon juice liberally over the fillets
- 7) Salt and pepper to taste
- 8) Grill until done (flaking away from the skin) at a medium, medium high heat.
- 9) Doesn't take long, don't walk away.
- 10) Enjoy with a hush puppy and adult beverage of your choice

Upper Great Lakes Fish Boil: A Tasty Tradition

The Tradition

The fish boil has been a Great Lakes tradition for more than a hundred years. It's the Great Lakes' answer to the New England clambake. Legend has it that Scandinavians brought the custom to the early settlements around Lake Michigan. Whitefish and lake trout were plentiful, and it was easy to prepare a meal outdoors by boiling fish, potatoes and onions together in a large pot.

A blackened cast-iron kettle remains the standard cooking utensil, but stainless steel and aluminum pots are popular, in part, because they are so readily available. A fire of logs or slab wood is kept burning under the kettle, though some prefer to use a propane torch. When the

salted, seasoned water comes to a boil, the potatoes are lowered into the pot in a wire basket and boiled; then the onions are added and they are boiled together (*see [cooking instructions](#)* below for details about timing). Finally, the fish is placed in a second wire basket and lowered into the pot. The second basket fits precisely into the first basket without touching the potatoes and onions.

About 10 minutes later, the fish is done and the overboil is performed. A pint of kerosene is added to the fire. As flames shoot skyward, the flash of heat causes an overboil, flushing the froth from the surface of the churning water. You can omit the overboil if you skim the froth off before removing the baskets. The flash and roar of the overboil announce that food is ready. When the fire subsides, the baskets are removed and drained. Coleslaw and bread are typically served with the meal.

Preparing the Fish

Although lake trout and whitefish are traditional choices, other trout or salmon may be used. You will need about three-fourths of a pound of fish chunks per person. Remove the large scales on salmon and trout. Slit the whole fish from vent to gills, and remove the internal organs, including the kidney (the dark material along the backbone).

The fish is now ready to be chunked or steaked. Remove the head and fins. Cut the fish into cross-sectional pieces two to three inches thick. Fresh fish is preferred, but frozen, dressed fish may also be used. Cut it into chunks before it thaws completely.

To use fish fillets instead of chunks, keep the skin on and cut fillets three to four inches long. Fillets have a tendency to fall apart.

Preparing Other Ingredients

Potatoes: Allow two potatoes (preferable new red potatoes) per person. Select or cut potatoes so they are uniform size. Wash but don't peel them. Remove a slice from each end so the seasoning penetrates better.

Onions: Allow one medium-size whole onion, peeled, per person.

Salt: Use about a quarter cup of salt per pound of fish (one pound of salt for every six pounds of fish). Add half the salt before the potatoes go in; add the rest along with the fish.

Seasoning: Use cheesecloth to make a seasoning packet containing bay leaves, whole allspice and peppercorns in roughly equal proportions. You may add herbs or spices of your own choosing. To feed 10 people, the seasoning packet should be about the size of a golf ball. Add the seasoning packet when the potatoes go into the boiling water.

Water: There should be about a gallon of water for every two and a half to three pounds of fish.

Condiments: Have drawn butter and fresh parsley available for the potatoes. Have lemon wedges for the fish.

For 10 people:

- 7 ½ pounds chunked fish
- 20 new red potatoes
- 10 medium onions
- 3 gallons of water
- 4 to 5 gallons (16 to 20 quart) pot with two baskets
- 1 ¾ cup (1 ¼ pounds) of salt
- 1 bag of seasoning (golf-ball size)

Serve with:

- 3 lemons
- 1 pound of butter
- 15 rolls or slices of bread
- 3 pints of coleslaw

Cooking Instructions

Add half of the salt to the water and bring it to a rolling boil. Each time you add ingredients, let the water return to a rolling boil and then cook for the recommended amount of time. Place the potatoes and seasonings in the larger wire basket and lower it into the water; boil for eight to 10 minutes. Add onions; boil for another two to four minutes. Add the rest of the salt; lower the fish, in the smaller wire basket, into the water and boil for 10 to 12 minutes or until the fish flakes easily.

To do the overboil, add a pint of kerosene to the fire. You can omit the overboil if you skim the froth off before removing the baskets. Remove and drain both baskets. Serve the fish and potatoes with bread and coleslaw, drawn butter, parsley and lemon wedges. To eat the fish, peel off the skin and lift out the bones.

Fish & Wild Game Rub**Kevin Hining****Division of Inland Fisheries, North Carolina Wildlife Resources Commission**

This is a great Cajun / blackening seasoning mix that works well with any type of wild game and fish, as well as beef, pork, chicken, shrimp, etc.

- 1 teaspoon garlic powder
- 1 teaspoon cayenne pepper
- 1 teaspoon onion powder
- ½ teaspoon mustard powder
- ¾ teaspoon ground white pepper
- 1 teaspoon ground black pepper
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 tablespoon sweet paprika
- 1 tablespoon kosher salt
- 1½ teaspoon fennel
- 1½ teaspoon dried parsley

Combine all ingredients and store in a tightly closed container.

Cavanders Greek Grilled Lake Trout fillets

By Wes Gordon

Scale and fillet lake trout. If using previously frozen fillets make certain to rinse well and pat dry with paper towel.

- 1) sprinkle garlic powder on the flesh side of the fillets
- 2) brush olive oil evenly covering each fillet
- 3) sprinkle with Cavanders Greek seasoning to taste
- 4) place fillets on grill flesh side down (long enough to sear the flesh with nice grill line)
- 5) flip fillets and cook until finished with the skin side down (I like to cut filets in half to make flipping more manageable)

Lake Trout Chowder

By Fishing guide Tony Jeffers

Great Bear Lake Lodge, Northwest Territories



Ingredients

- 3-6 lb lake trout, filleted
- 6 medium parboiled potatoes
- 4 celery stalks, chopped
- 2 large carrots, chopped
- 1 large onion, chopped
- 1/2 lb butter
- 5 strips bacon
- 1 pinch basil
- 1 pinch thyme
- 1 small can niblet corn
- 1 can evaporated milk
- 1 sprig fresh dill weed

Preparation

Cut fillets and potatoes into spoon-sized cubes. In a large pot, boil water and add potatoes.

In a skillet, sauté the celery, carrot and onion with the butter, bacon, thyme and basil (the goal is to soften the vegetables while not burning the butter).

Once potatoes are soft, add fish to the pot (the water should cover the cubes by only an inch or so). When water returns to a boil, add sautéed mixture. Simmer for about 10 minutes, then add corn.

Remove pot from fire and add evaporated milk. Sprinkle individual portions with small pieces of dill and serve with thick, buttered slices of fresh bread.

Smoked trout Recipe**By Andy Roosa**

I grew up eating hundreds of lake trout out of Willow Lake just breaded in corn meal, seasoned with Tony Chachere's or Slap Ya Mama Cajun seasoning and fried in bacon grease and never had a complaint, but my favorite is the smoked trout recipe below.

4-5 small lake trout

1/2 Gallon Water
1/2 Cup Brown Sugar
1/2 Cup Salt
2 Tbsp Garlic Powder
2 Tbsp Chili Powder
3 Tbsp Lemon Juice

Mix the above ingredients in a container (preferably glass) large enough to hold the brine and all of your fillets. Make sure all surfaces of the fish come in contact with the brine.

Refrigerate for 8 hours.

Remove trout from brine and rinse in cold water.

Pat dry and lay out on drying rack for one hour skin side down until fish is slightly tacky (this helps the smoke stick to the fish).

Smoke trout at 225 for 1.5 to 4 hours depending on size of fillets, keep an eye on them to make sure they don't dry out.

Smaller trout can be fully smoked in as little as 1.5 hours but can be left in longer for a stronger smoke flavor.

Enjoy hot off the smoker or they are just as good cold out of the fridge.

Smoked Lake Trout

By Clint Bobbitt

Ingredients:

6-8 small Lake Trout
750mL bottle of white wine
Kosher or pickling salt (non-iodized)
DARK brown sugar
Distilled water

Preparation:

Remove one glass of wine from the bottle and set aside. In a pan, combine the remaining wine with distilled water to equal one gallon. Add 1 cup of salt (non-iodized) and 1 cup of dark brown sugar. Heat until salt and sugar are dissolved and then cool back down to 30-40 degrees.

Pound the glass of wine you set aside (optional).

Brine fish fillets for 2-3 hours, remove and pat dry, then let dry for 1 hr in the fridge. Do not reuse the brine.

Smoke at 200-225 degrees for approximately 2 1/2 hours using alder wood chips. Yummy!