
BROILED RAINBOW TROUT WITH LEMON-ALMOND SAUCE

1 pound rainbow trout fillets
1 teaspoon salt
dash of pepper
dash of cayenne pepper
2 teaspoons lemon juice

Place fish on an aluminum foil-lined baking pan. Season with salt, pepper and lemon juice. Broil 4 to 5 inches from heat source about 5 minutes or until fish flakes easily with a fork. While fish is cooking, prepare sauce. Transfer fish to a warm serving platter. Pour sauce over fish and serve.

LEMON-ALMOND SAUCE

½ cup margarine
1 tablespoon lemon juice
1 tablespoon chopped onion
1 tablespoon fresh parsley
¼ cup sliced almonds

Combine butter, lemon juice and onion in a saucepan; cook over medium heat, stirring occasionally, until margarine melts. Stir in parsley and almonds. Keep sauce warm until fish is ready to serve.

POACHED RAINBOW TROUT WRAPPED IN LETTUCE LEAVES

1 pound rainbow trout fillets
salt and pepper to taste
dash cayenne pepper
lettuce leaves
8 ounces clam juice
¼ cup lime juice
2 tablespoons chopped onion
fresh parsley bunch
1 clove minced garlic
½ teaspoon oregano

Preheat oven to 450°F. Season each fillet with salt, pepper and cayenne pepper. Wrap fillets with lettuce leaves. Combine remaining ingredients in a baking dish and place the lettuce-wrapped fish in the pan. Bake at 450°F for 10 minutes per inch of thickness of fish or until fish flakes easily with a fork.

Makes 4 servings.

CREOLE GRILLED CATFISH FILLETS

4 4-ounce catfish fillets
2 teaspoons garlic powder
1 teaspoon cayenne pepper
4 teaspoons Creole seasoning
¼ cup lemon juice
2 tablespoons margarine, melted
1 tablespoon Worcestershire sauce
2 medium bell peppers,
cut into strips
2 medium onions, sliced thin

Sauté bell pepper strips and sliced onions in a small amount of margarine or oil, until limp. Mix together garlic powder, cayenne pepper, Creole seasoning, margarine, lemon juice, and Worcestershire sauce. Brush fillets with the sauce. Place seasoned fillets over medium-hot fire and place sautéed bell pepper strips and onion slices on top of fillets. Cook the fish 10 minutes, depending on thickness of fillets. Fish is done when it flakes easily with a fork.

Makes 4 servings.



AQUACULTURE

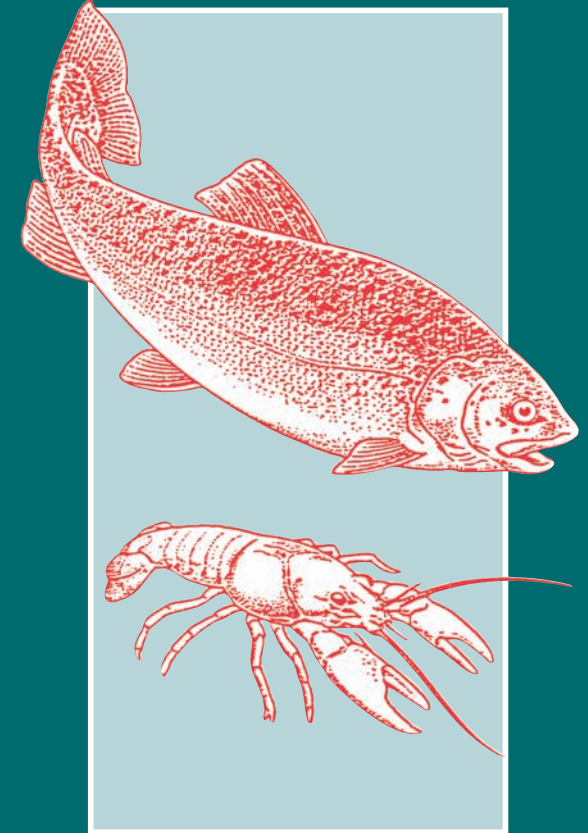
Aquaculture is the farming of aquatic plants and animals. Maryland Aquafarmers produce catfish, crayfish, trout, tilapia, hybrid striped bass, oysters, clams, yellow perch, ornamental fish and aquatic plants. Plans are now being developed to grow eels, sturgeon and numerous marine species. It is estimated that 30% of our fish comes from aquaculture.

Recipes Developed and Tested by:
**AQUACULTURE DEVELOPMENT
AND SEAFOOD MARKETING PROGRAM**

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MARYLAND

AQUACULTURE



BAKED STRIPED BASS À LA CHESAPEAKE

1 pound hybrid striped bass fillets *½ teaspoon lemon juice*
2 tablespoons mayonnaise *½ teaspoon seafood seasoning*
1 teaspoon white wine Worcestershire sauce

Heat oven to 450°F. Place fillets on a baking dish or foil-lined pan. Mix together mayonnaise, white wine Worcestershire, lemon juice and seafood seasoning. Spread mayonnaise mixture thinly and evenly over the fillets. Bake at 450°F for 6 to 8 minutes. Fish is done when it flakes easily with a fork.

Makes 4 servings.

PAN-FRIED HYBRID STRIPED BASS

1 pound hybrid striped bass fillets *2 teaspoons parsley*
1 tablespoon lemon juice *¼ teaspoon salt*
1 cup flour *¼ teaspoon pepper*
¼ teaspoon ground nutmeg *vegetable oil, for frying*

Heat a small amount of vegetable oil in electric skillet or frying pan. Sprinkle lemon juice over fillets. Mix together remaining ingredients (except oil). Dredge fillets through the flour mixture. Place coated fillets in frying pan or electric skillet on medium-high for 2 to 3 minutes until lightly browned and flip to brown other side another 2 to 3 minutes.

Makes 4 servings.

BAKED STRIPED BASS

1 pound hybrid striped bass fillets *1 teaspoon lemon and pepper seasoning*
1 teaspoon olive oil *¼ teaspoon paprika*

Heat oven to 450°F. Place fillets in baking dish or foil-lined pan. Spread with olive oil and then sprinkle with lemon and pepper seasoning and paprika. Bake at 450°F for 6 to 8 minutes or until fish flakes easily with a fork.

Makes 4 servings.

TILAPIA WITH SAFFRON TOMATO SAUCE

1 pound tilapia fillets *½ cup orange juice*
1 small onion, finely chopped *¼ cup dry white wine*
2 cloves garlic, minced *pinch of saffron*
2 tablespoons olive oil *¼ teaspoon basil*
1½ - 2 cups peeled, seeded and diced tomatoes (about 2 medium) *¼ teaspoon oregano*
 salt and pepper

Preheat oven to 450°F. Sauté onion and garlic briefly in olive oil. Add tomatoes, orange juice, white wine, saffron threads, basil and oregano. Simmer about 15 minutes, stirring occasionally. Season with salt and pepper.

Brush fish with olive oil and bake at 450°F for 10 minutes per inch of thickness of fish or until fish flakes easily with a fork. Stir sauce and serve over fish.

Makes 4 servings.

PAN-FRIED TILAPIA WITH LEMON-CAPER SAUCE

1 pound tilapia fillets *4 tablespoons flour*
¼ cup chicken broth *½ teaspoon salt*
4 teaspoons drained capers *½ teaspoon pepper*
1 teaspoon lemon juice *2-3 teaspoons olive oil*
¼ cup margarine

In a small saucepan over low heat combine broth, capers, lemon juice, margarine and 2 tablespoons of flour. Simmer sauce. In a shallow dish season 2 tablespoons flour with salt and pepper. Set aside.

Rinse fillets and pat dry with paper towels. Dredge fish in flour mixture to coat all surfaces. Heat 2 teaspoons olive oil in electric skillet or frying pan over medium-high heat. When oil is hot, cook fish until lightly browned on bottom about 2 to 3 minutes, turn fish and cook 2 to 3 minutes more until fish flakes with a fork. Pour sauce over fish and serve.

Makes 4 servings.

BAKED TILAPIA FILLETS WITH LIME SAUCE

1 pound tilapia fillets *3 green onions, chopped*
salt and pepper to taste *1 large clove garlic, minced*
¼ cup margarine *½ cup dry white wine*
1 tablespoon flour *¼ cup lime juice, divided*

Preheat oven to 450°F. Place tilapia fillets in a baking dish. Salt and pepper to taste. In a saucepan, melt margarine and stir in flour. Add onions, garlic, wine and lime juice. Reduce by half. Pour sauce over fish and bake at 450°F oven for 10 minutes per inch of thickness of fish. Fish is done when it flakes easily with a fork.

Makes 4 servings.

CRAYFISH ÉTOUFFÉE

1 pound peeled crayfish tails, fresh or frozen *¼ cup chopped green pepper*
3 tablespoons butter or margarine *2 tablespoons chopped parsley*
½ tablespoon all-purpose flour *2 cloves garlic, minced*
½ cup chopped onions *½ cup water*
¼ cup chopped celery *1 tablespoon lemon juice*
 ½ teaspoon salt
 1 teaspoon cayenne pepper
 2 cups cooked rice

Thaw crayfish if frozen. Over medium heat, in a 10-inch skillet, combine butter and flour. Add onions, celery, green pepper, parsley and garlic. Sauté vegetables over medium heat, stirring constantly for 5 minutes or until tender. Add water gradually and continue to stir. Cook until thick. Stir in crayfish, lemon juice, salt and cayenne pepper; heat thoroughly. Serve over rice.

Makes 4 servings.

CRAYFISH OVER LINGUINE

1 pound peeled crayfish tails, fresh or frozen *1 teaspoon lemon juice*
½ cup butter or margarine *salt and pepper to taste*
½ cup flour *½ cup Parmesan cheese, grated*
½ cup chicken broth *1 tablespoon chopped parsley*
½ cup white wine or water *1 package (8 ounces) linguine, cooked*
1 cup milk
2 cloves garlic, minced

Thaw crayfish if frozen. In a saucepan over medium heat, combine butter and flour. Add chicken broth, wine, milk, garlic, lemon juice and season with salt and pepper. Stir and cook until thick. Stir in Parmesan cheese. Add crayfish; heat thoroughly. Serve over cooked linguine and sprinkle with parsley.

Makes 4 servings.
