



Courtesy of FFM

Lake Trout *Recipe*



Compliments of Doug & Cheryl Slater



- Beat one egg
- Place fillet pieces in egg and roll in flour or bread crumbs
- Place in frying pan with margarine (not butter)
- Season fillets with onion salt, garlic salt and celery salt
- Sprinkle with paprika (both sides)
- Cook at 375°F (190°C) for approximately 10 minutes until golden brown (10 minutes on each side)

The margarine and seasoning salts compliment the lake trout's rich flavour. This recipe can be used with the cooking of most game fish. Note: Lake trout must be cooked within two to three weeks after being caught to avoid a strong fish flavour.



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