

Fishin' from the Kitchen

Paprika Panfish

by Wayne Phillips

Paprika brings loads of flavor and a splash of color to panfish fillets.

Ingredients for four servings:

- Boneless, skinless panfish fillets, cut into strips
- ¼ cup sweet Hungarian paprika
- ¼ cup smoked Hungarian paprika
- 2 Tbsp. cooking oil
- 2 Tbsp. butter
- Salt and black pepper to taste
- Chives to garnish fish

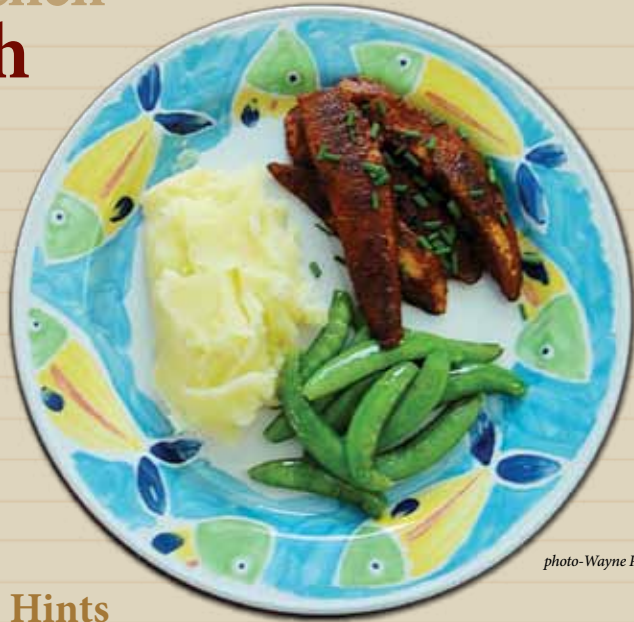


photo-Wayne Phillips

Procedure

Cut boneless, skinless panfish fillets into strips. On a plate, blend sweet and smoked paprika, salt and black pepper. Cover fish strips in the mixture. Shake off the excess. Pan fry the fillets in a butter and oil mixture until cooked through. Drain the cooked fish on paper toweling before serving. Garnish with chopped chives.

Serve

Garlic mashed potatoes and sugar snap peas work well with the paprika panfish.

Hints

Cutting the fish into strips allows for even cooking. Thinner strips cook faster than thicker ones. Blending ¼ cup sweet and ¼ cup smoked paprika together gives the fish the perfect amount of smoky flavor. If you enjoy a bit of heat with your fish, feel free to add some hot paprika as well.

The most flavorful paprika comes from Spain. There are three distinctly different paprikas. Sweet paprika has a delightful sweet, red pepper flavor. Smoked dried red peppers are turned into smoked paprika for a wonderful smoky flavor. Hot paprika is similar to cayenne pepper. Blend the various paprikas together, or enjoy them on their own.



Angler's Notebook

by Jerry Bush

When considering the purchase of a fillet knife, choose carefully. A sharp, quality, fillet knife that maintains its edge can save the angler hours of work over a lifetime. Many anglers enjoy the convenience of electric fillet knives, though I do not use one myself. Like most, the knife I own includes a sheath that protects the blade as well as the knife's owner, but it does more. The creatively designed sheath is made with a tiny cutout that exposes just enough of the blade to cut fishing line, without removing the knife from the sheath. The sheath is made from a strong, composite material that opens to serve as a fish lip-gripper, which helps me land fish. As an added bonus, it includes a hook-sharpening stone. It was well worth the expense.

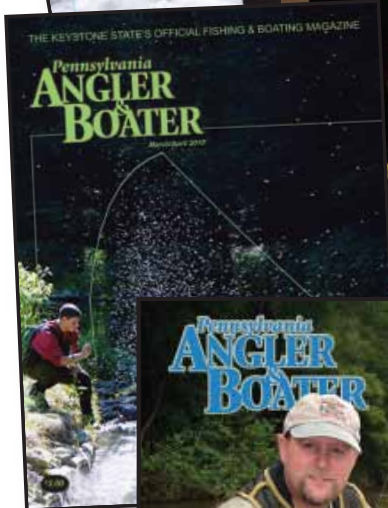
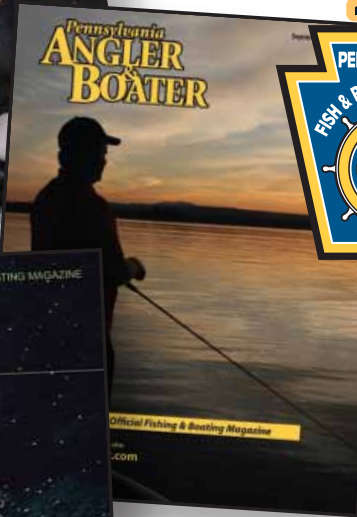
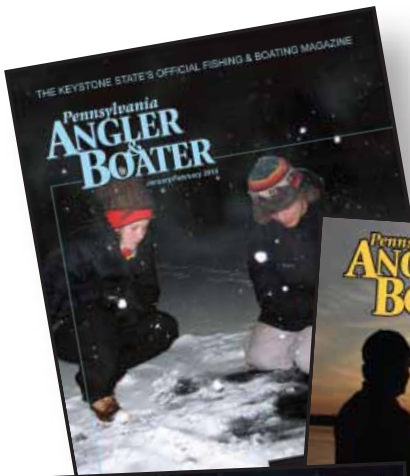
The round, lead-head jig may be the most productive and versatile hook and weight combination on the planet. The areas that can be fished thoroughly with this jig are nearly as limitless as the species attracted to it. This jig can be tipped with a worm, grub, shiner, leech, soft-plastic and many other



photo-Jerry Bush

types of bait. Jig heads can be purchased in unlimited colors or can be hand-painted, adding even more versatility to an already potent lure.

Northern pike are an interesting species to target in the winter, when they are normally found in shallow water. Locating them is one thing; luring them is another. A shiner will usually do the trick. Anglers believe the pike must run with the bait before the hook can be set, but that isn't always the case in the winter. Using a tip-up that slams the hook home will often account for a catch. If you're lucky enough to fish open water during the winter and early spring, it's tough to do better than casting spoons to lure pike.



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