

## Lil Le-Hi Trout Nursery Marks 50th Anniversary as Co-op Facility

On July 10, 1999, the Lil Le-Hi Trout Nursery in Allentown will celebrate its 50th year as a member of the Commission's Co-operative Nursery Program.

Fish have been raised on the site since 1883. In the early 1900s, the city entered into its co-operative arrangement with the Fish Commission and three local clubs—the Lehigh County Fish & Game Protective Association, Pioneer Fish & Game Protective Association, and the Trout Creek Fish & Game Club.

For more details on the July 10 celebration, contact the city of Allentown's Bureau of Parks at 610-437-7628.

### Fishin' from the Kitchen

## Oven-Roasted Catfish by Wayne Phillips

#### Ingredients for four servings:

- 2 catfish fillets, cut in half
- 2 garlic cloves, thinly sliced
- Drizzle of extra virgin olive oil
- 2 Tbsp. oil or butter
- Salt and pepper to taste



photo-Wayne Phillips

Heat a heavy skillet or roasting pan in a 350-degree oven for 5 minutes. Remove and add 2 Tbsp. oil or butter and the garlic to the pan. Place fish on top and roast until the fish is no longer opaque, about 10 minutes per inch of thickness.

#### Serve

Wild rice cooked with chopped onions, celery, mushrooms, and your choice of herbs goes well with roasted fish. For a real flavor boost, saute the vegetables in a bit of chicken fat. Add rice and cook for a minute or two while stirring to coat the rice with the fat. Add water and simmer, covered, until the rice is tender. Place a bed of wild rice on the plate and top with the roasted catfish.

To highlight the wonderful color of the catfish, garnish with some thin strips of roasted sweet red pepper.

If roasting with toppings, you can mound them toward the middle of the piece of fish, so its natural ivory color shows.

This dish includes slices of baked sweet potato glazed with maple syrup.

#### Oven-Roasting

Oven-roasting fish allows you to prepare flavorful fish without adding unnecessary calories. There are several ways to oven-roast fish. Milder fish should be roasted with delicate flavorings. Stronger fish can stand up to more aggressive seasonings.

#### Seasoning options:

- A Mediterranean flavor can be achieved by adding garlic slices and drizzling the fish with extra virgin olive oil.
- For a traditional taste, add a topping of fresh chopped dill and plenty of fresh lemon juice.
- Fresh bread crumbs moistened with a little oil and your favorite chopped herb can be patted on top of the fish.
- Chopped onions and fresh tomatoes add flavor to the fish. The tomatoes add a pleasant acidity to the finished dish.
- Fresh sage leaves and finely diced jalapeno peppers add a southwestern flavor and a bit of heat.

## 1998 Officer of the Year: Waterways Conservation Officer Sally A. Corl

Waterways Conservation Officer Sally A. Corl was recently named the Fish and Boat Commission's 1998 Officer of the Year. The award was presented at the Northeast Fish and Wildlife Conference in Manchester, NH, last April.

Officer Corl is assigned to Carbon County, where she has developed effective working relationships with local, state and federal agencies both inside and outside her district. Carbon County is a busy district with a large visitor population. The district includes three state parks, one county park and many private communities, all of which incorporate many acres of fishing and boating waters. Officer Corl has 12 approved trout waters that require diligent law enforcement.



photo-courtesy of the Bureau of Law Enforcement

*Waterways Conservation Officer  
Sally A. Corl*

Officer Corl presents an outstanding image to the public she serves, and her attitude toward work and serving both the agency and the public is commendable. She is always willing to participate in special assignments, has attended many courses and performs exceptionally well as an instructor for the Bureau of Law Enforcement. She has written a training guide and a procedure manual for training new conservation officers.