

WCO Receives BUI "Top Gun" Award

The Pennsylvania Driving Under the Influence (DUI) Association recently recognized Commission WCO Alan D. Robinson with its coveted "Top Gun Award" for his outstanding apprehension and prosecution of alcohol/controlled-

substance-impaired boat operators. WCO Robinson pursued eight BUI (boating under the influence) cases in 1999 while patrolling Raystown Lake in Huntingdon County. In addition to a recognition plaque, the DUI Association presented



photo-Guy Bowersox
WCO Alan D. Robinson (right) received the PA DUI "Top Gun Award" from PA DUI Association Executive Director Stephen Erni. Robinson is the WCO in Mifflin and northern Huntingdon counties.

Fishin' from the Kitchen

Poached Rainbow Trout *by Wayne Phillips*

Poaching rainbow trout brings out their natural flavors and allows you to serve them in many different ways.

Ingredients for four servings

- ❑ 1 large rainbow trout or 4 pan-sized trout.
- ❑ 1/4 to 1 cup each chopped onion, carrot and celery.
- ❑ 2 lemons, thinly sliced.
- ❑ 1 to 2 cups liquid—white wine, fish stock, water, or 3/4 wine and 1/4 water.
- ❑ 2 sprigs fresh thyme, dill or tarragon.
- ❑ 2 Tbsp. olive oil.
- ❑ Salt and pepper to taste.

Procedure

Remove the innards and gills from the trout. Wash and pat dry. Heat the olive oil in a fish poacher or roasting pan. Sauté the vegetables in oil for 5 minutes to release their flavors. Add liquid and bring to a slow simmer. Season inside of trout with salt and pepper. Place the trout on a poaching rack and add some vegetables and lemon slices to the cavity. Place lemon slices on top of the trout and add the remainder to the vegetables in the bottom of the poacher. Place the trout in the poacher and cover. Poach until fish is opaque. Cooking takes about 10 to 15 minutes for every inch of trout thickness.



photo-Wayne Phillips

Serve

Remove the trout from the poacher and carefully transfer to a large plate. While the fish is still hot, remove the skin from one side. Remove the vegetables and lemon slices. Place on a platter and garnish with fresh lemon slices. The flavors are delicate, so serve with steamed asparagus or sugar snap-pea pods. Rice flavored with a bit of lemon is perfect for a starch. A simple mayonnaise sauce is terrific with poached rainbow trout. Mix either fresh chopped dill, tarragon or chives with lemon juice and mayonnaise. Thin with white wine if it is too thick.

Hints

Fish poachers are inexpensive and readily available. You can also use a roasting pan into which you can fit a cookie cooling rack. Place the rack on top of the vegetables, place the trout on the rack and cover with foil before poaching. Removing the trout's skin is simple if done while the trout is hot.

Robinson with a new PBT (portable breath testing device) for his continued use on Commonwealth waters. BUI enforcement continues to be a strong focus of the Fish & Boat Commission Bureau of Law Enforcement's efforts to save lives on Pennsylvania waterways.

The Pennsylvania DUI Association is dedicated to reducing alcohol/controlled substance accidents and deaths by impaired operators. Its membership is comprised of hundreds of representatives from state and local law enforcement agencies, state and county prosecutors, probation and parole departments, public and private rehabilitation centers, PennDOT, MADD, SADD, PA Department of Education and other public, corporate and private individuals and organizations who share the same goals.

WCO Robinson was presented the award by PA DUI Association Executive Director Stephen Erni last October at the Harrisburg Hilton during the association's annual conference. WCO Robinson serves as the Commission WCO in Mifflin and northern Huntingdon counties. He's been a WCO since 1988.