

Fishin' from the Kitchen

Baked Walleyes *by Wayne Phillips*

Baking walleyes with green grapes and mushrooms in a white wine sauce makes a delicate and tasty fish dish.

Ingredients for four servings:

- ✓ 4 pieces boneless, skinless walleye fillets
- ✓ 3/4-cup white wine
- ✓ 12 large button or crimini mushrooms, quartered
- ✓ 20 green grapes
- ✓ Extra virgin olive oil or butter
- ✓ Salt and black pepper to taste

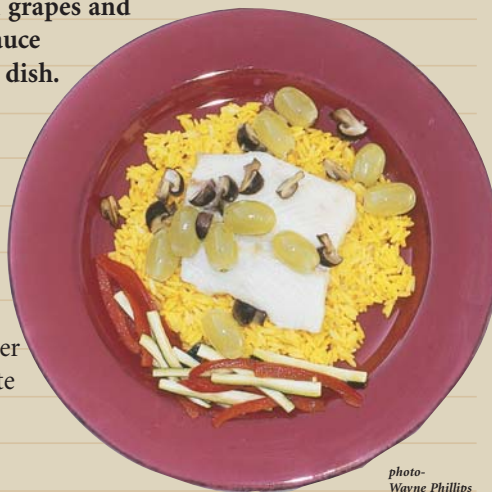


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Wayne Phillips

Procedure

Oil or butter an ovenproof casserole dish. Season the walleye fillets with salt and black pepper. Place them in the casserole dish and pour wine over them. Sprinkle green grapes and mushrooms over the fish. Dot with butter or drizzle more olive oil over all. Bake in a 350-degree oven until fish is no longer opaque. Spoon the sauce over the fish when serving.

Serve

Serve with rice flavored either with turmeric or saffron. Stir-fried red peppers and zucchini complement the sweet walleye flavor.

Hints

Use the best extra virgin olive oil you can afford because it is the most flavorful. Large mushrooms have more flavor than smaller ones. You can use button, crimini, oyster or shitake mushrooms. When using shitas, remember to discard the tough, woody stems. Portabello mushrooms are also very good. Since they are so big, use only one or two mushrooms. If you're using smaller mushrooms, leave them whole. Whole mushrooms make for a great presentation on the plate.