



photo-Spring Gearhart

During this year's PA Preferred® Culinary Connection at the Farm Show, the PA Fish & Boat Commission sponsored "Fishin' from the Kitchen Day." Commission representatives, special guests, and chefs explained where to catch, how to prepare, and how to cook Pennsylvania fish. Left to right: Terry Farner, Huntingdon State Fish Hatchery; Valerie Pritchett, WHTM 27; and Dawson Flinchbaugh, Flinchy's Restaurant Bar and Deck.

Fishin' from the Kitchen

Smoked Trout & Scrambled Egg Crepes

by Wayne Phillips

Try this perfect Sunday brunch treat that brings out the best in smoked trout and creamy scrambled eggs.

Ingredients for four servings:

- ✓ 2 cups smoked trout, broken into bite-sized pieces
- ✓ 4 crepes
- ✓ 8 eggs
- ✓ Butter
- ✓ 2 Tbsp. cream
- ✓ Chives
- ✓ Salt and black pepper

Procedure

Remove skin and all bones from smoked trout. Break it into bite-sized pieces and season with salt and black pepper. Warm the smoked trout and crepes in the oven or microwave. Break the eggs and lightly whip them to combine the yolks and whites. Melt butter in skillet and add eggs. Season with salt and black pepper. Scramble until the eggs are just set. Stir in cream. Chop the chives.

Serve

Place one quarter of the eggs and trout on each crepe. Sprinkle with



photo-Wayne Phillips

chives. Roll up crepes. Garnish with more chives. Serve with hash brown potatoes and tomato slices.

Preparing eggs

Perfectly cooked scrambled eggs are terrific with this recipe. Lightly whip the eggs to combine the whites and yolks. Heat a nonstick sauté pan. Add butter. Once it foams, add eggs. Gently shake the pan. Season eggs with salt and black pepper. Stir so that the eggs on the bottom do not overcook. Remove from heat and add a tablespoon or two of cream to stop cooking. The cream also makes the eggs creamy. Overcooking the eggs makes them dry and tough.

Raystown Lake Log Book

The Pennsylvania Fish & Boat Commission and the U.S. Army Corps of Engineers are asking anglers who fish Raystown Lake to participate in an angler log book program. Anglers who fish Raystown Lake, Huntingdon County, in 2007 are asked to obtain an official volunteer angler log book and record specific information about their fishing trips. Commission biologists will use the data collected from the log books to gain a better understanding of the fishing activity at Raystown Lake. This information will be included along with biological assessments in shaping fisheries management plans, including stocking plans for the 8,300-acre impoundment.

To participate, volunteers can obtain an official log book, record their catches for each fishing outing, whether that's one trip or every weekend, and return the book when the fishing season is over. The logs are easy to fill out. Just follow the simple instructions included with each book. Any personal information provided, including catch data, is strictly confidential, although summaries of combined catches by species will be reported at the study's conclusion.

Interested anglers can help the Commission and the U.S. Army Corps of Engineers maintain and enhance fishing opportunities at Raystown Lake by obtaining a log book at the U.S. Army Corps of Engineers Ranger Station at Raystown Lake, the Huntingdon County Visitors Bureau, or participating local bait dealers. Log books can also be downloaded from the Commission's web site, www.fish.state.pa.us, or they can be obtained by mail from: Raystown Lake Log Book Survey, John Frederick, Pennsylvania Fish & Boat Commission, 844 Big Spring Road, Newville, PA 17241. The phone number is (717) 776-3170; email johfrederi@state.pa.us.