

## Trout Regulations Modified at Fish & Boat Commission Summer Meeting

At its summer Commission meeting, the Pennsylvania Fish & Boat Commission voted to allow anglers to fish in lakes and ponds approved as year-round trout waters without possessing a trout/salmon permit, as long as anglers are not fishing for trout or salmon. Commissioners also voted to open 31 additional approved trout waters to year-round fishing.

The changes to the lake and pond regulations were made after several individuals submitted public com-

ments noting that anglers often fish these waters for species other than trout. Both changes will take effect Jan. 1, 2009.

In other action, the Commission voted to add regulations to further restrict the interstate sale, introduction and transportation of fish susceptible to the infectious disease viral hemorrhagic septicemia, or VHS.

Outdoor enthusiasts in Erie County will have more opportunities to fish, boat and hike with the Commis-



Brook trout

illustration-Ted Walke

sion action to approve a cooperative agreement with North East Township that commits \$43,000 for the acquisition of an access easement located on 20-mile Creek, a popular steelhead fishing location.

The Commission also:

- Approved restrictions on nighttime fishing on a section of Walnut Creek, Erie County.
- Adopted amendments to Fish & Boat Code Section 63.8 (Longbows, Crossbows, Spears and Gigs) to allow catfish to be harvested in all Commonwealth waters by longbows and arrows, not just the Delaware River.
- Adopted a statement of policy on wind power.
- Approved the publication of notice of proposed rulemaking to remove smallmouth buffalo, longhead darter and channel darter from the threatened species list and river redhorse and longnose gar from the candidate species list.

### Fishin' from the Kitchen

## Baked Trout on a Gratin of Vegetables

by Wayne Phillips

When vegetables are at their peak, turn them into a flavor-packed gratin and top it with a rainbow trout fillet.

#### Ingredients for four servings:

- ✓ Rainbow trout fillet, scaled and boneless
- ✓ 8 Roma tomatoes, sliced ¼-inch thick
- ✓ 3 small zucchinis, sliced ¼-inch thick
- ✓ 2 medium onions, thinly sliced
- ✓ 2 garlic cloves, finely minced
- ✓ 2-3 Tbsp. Herbes de Provence
- ✓ 2 Tbsp. extra virgin olive oil
- ✓ 1 Tbsp. Balsamic vinegar
- ✓ Salt and black pepper to taste
- ✓ 1 lemon, cut into small wedges
- ✓ 1 cup fresh bread crumbs



photo-Wayne Phillips

Sprinkle this mixture over vegetables. Bake in a 375-degree oven until golden-brown. Season trout on the flesh side with salt, black pepper and a tablespoon of Herbes de Provence. Add trout to a hot pan, skin-side down. Once the skin is crisp, turn fish over and finish in a 375-degree oven.

If you partially cook the trout on the stovetop, skin-side down, you achieve a flavorful crisp skin that many diners will enjoy. Finishing the fish in the oven keeps the skin crisp and avoids drying out the fish.

### Procedure

Lightly sauté the onions and garlic in olive oil. Allow to cool. Layer an ovenproof dish with alternating rows of tomatoes and zucchini. Scatter onions and garlic on top. Season with salt, black pepper and a tablespoon of Herbes de Provence. Moisten bread crumbs with a tablespoon of olive oil. Mix in a table-

### Serve

Bake the gratin in a large ovenproof casserole dish and serve it family-style. This recipe makes a great dish for a dinner party if you bake individual casseroles. Serve the trout on top of the gratin with lemon wedges on the side.

## Commission Elects New Officers & New Commissioner Appointed

At the start of the summer Commission meeting, Commissioners Leonard L. Lichvar and Thomas C. Shetterly were elected President and Vice President, respectively, of the Fish & Boat Commission. New Commissioner Norman Gavlick, of Kingston, was also introduced. He was appointed by Governor Edward Rendell to serve as the Seventh District Commissioner.