

New Striped Bass Regulations for Delaware River Take Effect April 1

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Licensed Pennsylvania anglers fishing the Delaware River and Estuary can now harvest striped bass and hybrid striped bass from April 1 through May 31, a season which has been closed by the Pennsylvania Fish & Boat Commission (PFBC) since 1992.

Under these regulations, adopted by the PFBC at its January quarterly meeting, anglers can harvest two

striped bass per day between 20-26 inches during the two-month season. The change is the result of the successful restoration of the striped bass population along the Atlantic Coast. The regulations are designed to allow some harvest of male striped bass, while still protecting most of the spawning female striped bass. For the rest of the year, there is a 28-inch minimum length and a two fish per day creel limit.

The following seasons, sizes and creel limits apply to the Delaware River, the West Branch Delaware River and to Pennsylvania tributaries to the Delaware River from the mouths of the tributaries upstream to the limit of the tidal influence. They also apply to the Lehigh River from its mouth upstream to the first dam in Easton, Pa. See the *Pennsylvania Fishing Summary* for seasons, sizes and daily limits.

The PFBC reminds anglers that these regulations differ from the striped bass regulations enforced by the N.J. Division of Fish and Wildlife in the four months January, February, April and May. Information on N.J. regulations can be found at <http://www.state.nj.us/dep/fgw/>.

Fishin' from the Kitchen

Rainbow Trout with Brown Butter and Lemon

by Wayne Phillips

Once you have tasted rainbow trout smothered in brown butter, you will keep coming back to it time after time.

Ingredients for four servings:

- ✓ 4 pan sized rainbow trout
- ✓ 1 Tbsp. canola oil
- ✓ 1 Tbsp. butter
- ✓ 1 clove garlic, crushed
- ✓ 20 fresh sage leaves
- ✓ 1 lemon, sliced
- ✓ Salt and black pepper
- ✓ ½ cup butter

Procedure

Pat dry trout. Place two sage leaves and half a lemon slice in each trout and season with salt and black pepper. Saute in canola oil and butter mixture until skin is crisp. In a small skillet, melt ½ cup butter over medium heat. It will foam up and then the foam subsides. Heat until butter takes on a golden brown color. Remove from heat immediately and drizzle over cooked trout. Saute remaining sage leaves until crisp in canola oil.

Serve

Garnish trout with fried sage leaves and a wedge of fresh lemon. Perfect for breakfast or a weekend brunch alongside scrambled eggs and hash brown potatoes.

Hints

Drying the trout helps make the skin crisp. The hot butter drizzled over the fish also keeps the skin crisp. Brown butter is wonderfully flavor-packed compared to regular butter. Heat it slowly over a medium heat to prevent burning the butter. If you heat the butter too quickly or too long, it becomes bitter. A light golden brown color is your goal. A stainless steel pan allows you to watch the butter turn brown.



Boating and Water Safety Program Reaches Nearly 10,000

Nearly 10,000 middle and high school students completed the Pennsylvania Fish & Boat Commission's eight-hour Boating and Water Safety Awareness (BWSA) program last year. The course, approved by the National Association of State Boating Law Administrators, includes classroom and on the water training in boating safety, personal water safety and basic paddling skills. It is usually part of a school's physical education or health curriculum. The Pennsylvania Fish & Boat Commission has more than 450 active instructors teaching BWSA.



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