

Notes from the Streams



Fishin' from the Kitchen

Rainbow Trout Pate

by Wayne Phillips

Amaze friends with a rainbow trout pate that is a snap to make.

Ingredients for four servings:

- 1 cup plain unsweetened yogurt
- 4 ounces rainbow trout
- 1 shallot, sliced
- 1 clove garlic, crushed
- ½ lemon, sliced
- ½ cup white wine
- 3 sprigs fresh thyme
- 5 black peppercorns
- 4 ounces cream cheese, at room temperature
- 1 shallot, finely minced
- 1 small garlic clove, minced
- Juice and zest of ½ lemon
- 1 tsp. fresh thyme leaves
- 2 Tbsp. butter
- Salt and white pepper to taste

Procedure

Place the rainbow trout, shallot, garlic, lemon slices, wine, thyme and black peppercorns in a sauté pan. When the ingredients begin to simmer, cover the pan. Simmer until trout is cooked through, about 5- to 7-minutes. Cool. Remove skin and bones from the trout. In a food processor, pulse cream cheese, shallot, garlic, lemon juice, thyme leaves, butter and lemon

zest. Add cooled trout and pulse until nearly smooth. Then, season with salt and white pepper to taste. Cool in the refrigerator overnight.

Serve

Allow the pate to stand at room temperature for 30 minutes. Serve with a crusty French baguette. For an added crunch, toast bread in the oven.

Hints

You may use leftover rainbow trout, but you must still poach it. If you enjoy a smoked flavor, feel free to use all smoked trout or half plain, half smoked. For a chunky pate, flake the trout with a fork and fold it into the cream cheese mixture. If you follow certain procedures, making fish pate is not difficult. Poaching the fish in a flavored liquid not only adds extra flavor, it also keeps the finished dish light. Using raw or left over fish that has not been poached causes the pate to be firm. Fresh dill or tarragon can



Delaware River visitors

Many people say that the Delaware River is polluted, too polluted to restore shad and striped bass runs to their historical levels in the 1800s. This isn't the case. The Delaware River is in the midst of cleansing itself from toxins that were dumped into it during the 1990s. The variety of aquatic species both freshwater and saltwater that have made their way into the upper tidal limits is nothing short of astounding. Within the last four years, we have had visitors in the Lower Delaware that are not normally seen. In April 2005, a 12-foot beluga whale spent a week cruising back and forth between Burlington and Trenton feeding on the annual shad run before returning to the ocean. In June 2007, a 7-foot grey seal weighing approximately 200-pounds was spotted in the Delaware River near Fairless Hills. It was eventually rescued by marine biologists. In November 2008, a manatee estimated to weigh about 800-pounds was found dead along the banks in Bensalem. A week earlier, there were reports that this manatee was observed alive in the Philadelphia area. The cold water temperatures of the Delaware River in November eventually attacked the mammal's immune system. In January 2009, a harbor porpoise washed up on the banks of the Delaware close to where the Manatee was found. Some may call it coincidence, some may say they were just chasing a food source and some may say that these mammals simply got lost and wound up in the wrong river estuary. Whatever the reason, I wonder what will show up next.—
WCO Alan W. Moyer, Southern Bucks

County.

Dumb, dumber and dummy

While I was assisting WCO Tom Crist with boat patrol on the Monongahela River pool, I spotted a motorboat pulling a skier far ahead of us. Like always, I was looking for an observer on the ski boat. I could see through my binoculars that someone appeared to be sitting next to the operator. We were still too far behind them to be certain, so we pursued them up river. The ski boat decided to make it easier for us by turning around. Officer Crist stopped our boat and let them pass, so we could get a good look. As the boat with skier in tow passed us, I fixed my attention on the observer seated across from the operator. I noticed that the observer made no movement, and it made me think something was not right. We decided to check the observer of the boat. As soon as we came up beside the boat, we could see that the observer was not a living and competent person, but a made up dummy. The body was a stuffed shirt with a basketball wrapped in a white t-shirt for a head. It was sporting a cowboy hat and sunglasses. After issuing the operator the appropriate paperwork, we reiterated the importance of having a competent observer, someone who can watch the skier—WCO Daniel McGuire, Southern Somerset County.

A job well done

I wanted to thank the dedicated men and women from Jerome Sportsmen's Club for outstanding cleanup efforts at the Quemahoning Reservoir in Somerset County for the last two years. Often good deeds go less noticed than bad ones. Thank you for helping to keep the Quemahoning Reservoir beautiful—WCO Patrick W. Ferko, Northern Somerset County.

Newest Fish & Boat Commissioner Brings Diverse Experience to Board



photo: Spring Garthart

The fall 2009 quarterly meeting of the Pennsylvania Fish & Boat Commission was the first meeting for the most recent appointee of the Pennsylvania Fish & Boat Commission member board. G. Warren Elliott of Chambersburg was appointed by Governor Edward Rendell and confirmed by the state Senate on June 30, 2009.

G. Warren Elliott is serving as an at-large-commissioner for boating. From 1996-2007, he served as a Franklin County commissioner and as the chairman of the board. He also taught state and local government as an adjunct professor at Shippensburg University. Elliott earned both a bachelor's degree and a master's degree in public administration at Shippensburg. Elliott added these responsibilities to a career in the private sector as a regional representative for General Code Publishers.

Angler's Notebook by Jerry Bush

A sharp tip on a hook will out produce a dull tip, yet few anglers take the time to use a hook sharpener. This is especially important after repeatedly glancing lures off stone surfaces or worse; snagging the bottom and tugging the bait free.



photo: Jerry Bush

Culinary experts who dislike strong, fishy tasting meat have learned to soak fillets in milk. Thoroughly rinse the fillets first. Then, store the soaking fish for several hours in a refrigerator before cooking. After removing the fillets from the milk, you will find the milk smells more like fish than the meat. The fillets will be tender and delicious.

Autumn is a perfect time of year to combine a camping trip with trout fishing in the Keystone State. Pennsylvania's state and federal campgrounds offer many vacancies after the leaves begin to turn color. The cooler temperatures increase oxygen levels, causing fish to become more active. Of course, it doesn't hurt that many waterways benefit from renewed stocking efforts.

Fish often choose to hold offshore in autumn, very close to the blend area where steep banks meld into sloping shallows. This permits the fish to easily choose shallow or deep waters as temperatures drastically fluctuate. Most fish will favor the shallow water during cool periods and deeper water during unseasonably warm periods, the same as the baitfish they are usually preying upon.

If monofilament line is stored in a cool, dark or shaded location, it will hold up much longer and provide superior performance. Never leave spooled fishing reels exposed for extended periods of time in the back seat of an automobile.