



# Angler's Notebook

by Jerry Bush



photo-Jerry Bush

When an angler knows he or she is going to practice catch and release, they accept the responsibility to handle fish as gently as possible, thus promoting the best opportunity for survival. Wet hands before handling fish and avoid lifting the fish from the water. In an attempt to promote higher survival rates, several manufacturers offer teardrop-shaped nets made with netting of slippery, non-binding, rubber or synthetic materials. For more information on how to properly release a fish, visit [www.fishandboat.com/education/learning/fish\\_funda/catch\\_release.htm](http://www.fishandboat.com/education/learning/fish_funda/catch_release.htm).

Any angler who spots a trophy trout is well advised to fish for it until it bites. Though it may take hours to get a trophy fish to bite, a trophy is a trophy, and the most difficult task for putting a trophy on the wall is locating one. Keep changing baits and presentation tactics until something works.

The best tip for anglers tempting trout in cold weather is to keep hands warm. A good pair of fingerless gloves or insulated mittens with exposed fingertips can be invaluable. The advantage of covering fingers with mittens

is that it allows fingers to share body heat. It is nearly impossible to fish with hands completely covered, but they will warm quickly during breaks.

Catching trout on the surface is very exciting for fly anglers, but there's little point in fishing on the surface before the weather warms enough to promote substantial hatches. Stick to nymphs, streamers and other wet flies if you don't routinely observe insects in the air and fish rising to take them.

Unlike any insect found in the water, minnows provide a nutritious food source for trout all year long. Unfortunately, live minnows are not always available or practical. Dead, salted minnows can be rigged by tying the fishing line to a large sewing needle, which is passed through the mouth of the minnow and through the tail end. After the pass through, remove the needle and tie on a hook, which is then retrieved, so the shank is pulled into the fish's body until only the bend and point is exposed.

## Fishin' from the Kitchen

# Rainbow Trout Fillets with Crisp Skin

by Wayne Phillips

Welcome spring with a delicious trout fillet that has extra tasty and crisp skin.

*Ingredients for four servings:*

- 2 12- to 14-inch rainbow trout
- 1 small onion, sliced
- 1 clove of garlic, crushed
- 2 lemons (1 sliced, 1 quartered)
- 2 Tbsp. canola oil
- 2 Tbsp. butter
- Salt and black pepper to taste

## Procedure

Fillet the trout and remove the rib bones, leaving the skin on. Lightly season the flesh side of the trout with salt and black pepper. Heat a heavy bottomed skillet over medium heat. Add canola oil and butter. Sauté onions, garlic and lemon slices to flavor the oil and butter mixture. Place the trout in the skillet and cook skin side down until it is nearly cooked through. Turn and cook the other side. Season the skin side before serving.

## Serve

Serve the fish with a wedge of lemon. Asparagus and fingerling potatoes are excellent side dishes.



photo-Wayne Phillips

## Hints

Cook the fish on the skin side until the fish is nearly cooked. This will help make the skin as crispy as possible. Fish skin is delicious as long as it is crispy and not soggy. For the crispest fish skin, make sure the skin is dry before putting it into the pan. Cook slowly over medium heat, so the skin can become crisp. Do not turn over the fish until it is nearly completely cooked. Seasoning the skin side with sea salt adds a delightful crunch to the dish.