



Angler's Notebook

by Jerry Bush



Photo-Jerry Bush

Whether choosing waist high or chest high waders, neoprene offers a warmth advantage over lightweight waders used during late spring and summer. Unless you're purchasing multiple waders, you will find it necessary to choose either 3mm or 5mm weight footwear. These numbers reflect the thickness of the material.

Considerations are:

- A. How often will you use them?
- B. How well can you withstand cold temperatures?
- C. Is the footwear going to serve double duty, sometimes used in warmer conditions?
- D. Will you most often use the waders in deep or shallow water?

If purchasing stocking foot neoprene waders, take along your wading shoes and try them on. The thicker neoprene materials used in the stocking may require the purchase of a slightly larger wading boot.

Expect to encounter adverse weather conditions while fishing for steelhead on Lake Erie tributaries. An increasing number of anglers understand the advantages of a cold weather jacket that includes enough pockets and D-rings to replace a normal fishing vest. The best garments have waterproof shells made from materials such as Gore-Tex®, down or Thinsulate™ fillings. Unexpected warm fronts will also be encountered, so a garment that breathes and includes a wicking liner is worthy of consideration.

Delayed harvest areas provide good trout fishing opportunities, even in November and December. These areas provide ample opportunity for anglers to experience a solitary trout fishing adventure during colder months. Understand the special regulations before participating. Since most fish must be released in these areas, use barbless hooks.

Fishin' from the Kitchen

Baked Pike with a Mushroom Duxelle Crust

by Wayne Phillips

Contrast the sweetness of pike with the woody flavor of mushrooms for a delightful winter meal.

Ingredients for four servings:

- 4 6-ounce boneless pike fillets
- 1 clove garlic, finely minced
- 8-ounces fresh crimini or button mushrooms
- 1 tsp. fresh or ½ tsp. dried thyme
- Half of a medium onion, finely diced
- 1 Tbsp. lemon juice
- 2 Tbsp. olive oil
- Salt and black pepper to taste

Procedure

Pulse mushrooms in a food processor. Add 1 Tbsp. of olive oil to a sauté pan. Add onion and garlic. Once they are softened, add mushrooms, thyme and lemon juice. Over medium heat, sauté for five minutes or until most of the moisture the mushrooms give off is evaporated. Massage the fillets with the remaining olive oil. Season them with salt and black pepper. When the mushroom mixture has cooled, pat it on top of pike fillets. Bake in a 350-degree oven until the pike is no longer opaque, usually about 15 minutes.

Serve

Serve with roasted root vegetables that are dressed with balsamic vinegar and olive oil.



Photo-Wayne Phillips

Hints

This is especially good if you are using a large pike. The thicker fillets hold the mushroom topping better. Bigger fish also have a slightly stronger flavor that stands up better to the mushroom topping. A mushroom duxelle is simply a mixture of finely chopped mushrooms, onion and garlic. Since mushrooms yield a great deal of moisture, be sure to evaporate most of it to keep the fish from steaming under the topping. Wild mushrooms like morels, chanterelles and boletes make an extra tasty fish topping.