



# ANGLER'S NOTEBOOK

by Jerry Bush



photo-Jerry Bush

**W**hen targeting steelhead, the Blood Dot Egg and Sucker Spawn are two of the most productive imitations used by fly anglers. Live minnows or a skein of salmon eggs are often preferred by bait anglers. Spinners with twirling blades and marabou-covered treble hooks are often preferred by anglers using spinning rods and reels, followed closely by spoon enticements.

It may seem counterproductive, but fly anglers who frequently experience broken lines when battling big, hard-fighting fish should use light, 3-weight rods. When forced to anticipate the limitations of light gear, fly anglers may develop and learn to finesse fish rather than overpower them. Fewer breakoffs may be experienced when using heavier rods intended to battle aggressive fish.

Try using a Whirlfish lure created by Thomas Fishing Lures.

The fish-shaped, metal spoon is manufactured with both tail fins bent in opposite directions. Whether jigged or reeled sideways, water crossing the bent tail blades causes the lure to spin or flutter, which triggers strikes.

When ice fishing, a tip-up is used by anglers seeking larger gamefish. Most tip-ups have a cross-shaped base that suspends the unit over a hole in the ice. After bait is submerged to a desired depth, a fluorescent flag on a thin, springy, metal post is bent to clip a sensitive trigger point. The flag pops up when a fish pulls line from the spool.

## FISHIN' FROM THE KITCHEN

### Steelhead Vegetable Frittata

by Wayne Phillips

**T**he combination of steelhead, eggs, and vegetables makes for a memorable meal.

*Ingredients for four servings:*

- 10- to 12-ounces boneless, skinless steelhead fillets
- 8 eggs
- ½ red onion, diced
- ½ red or orange pepper, diced
- ½ cup frozen peas
- 3 mushrooms, sliced
- ½ cup grated parmesan cheese
- 1 Tbsp. minced fresh or 1 Tsp. dried tarragon
- ¼ cup canola oil
- Salt and black pepper to taste

#### Procedure

Bake steelhead in a 350 degree F oven until fish is cooked. Cool and cut fish into bite-sized pieces. In a skillet with canola oil, sauté red onion, peas,

mushrooms, and red or orange pepper until softened. Lightly beat the eggs. Add tarragon and parmesan cheese. Season with salt and black pepper. Pour the egg mixture into the skillet with vegetables. Cook over medium heat until the bottom is set. Finish cooking in a 350-degree F oven until cooked.

#### Serve

A simple, green salad and crusty rolls go well with the frittata.

#### Tips

Use your family's favorite cheese. Use more cheese if desired. Frittatas are similar to an omelet. Use either fresh or leftover vegetables. Use your favorite herb to give the frittata extra flavor.



photo-Wayne Phillips