

Lemmon Pepper Sauger

Serves 4.

- 4 Sauger fillets
- 1 cup Lawry's Lemon Pepper with Lemon Juice Marinade
- 1 cup bread crumbs
- 1/2 teaspoon Lawry's Seasoned Salt
- 1/2 teaspoon Lawry's Lemon Pepper
- 2 tablespoons vegetable oil
- 2 tablespoons butter or margarine
- 1/3 cup light cream or half and half
- 1 tablespoon grated lemon peel
- 1/3 cup toasted sliced almonds

In a resealable plastic bag or container, place fillets and Lawry's Lemon Pepper with Lemon Juice Marinade. Marinade in refrigerator for 30 minutes.

In a shallow pan combine bread crumbs, Lawry's Seasoned Salt and Lawry's Lemon Pepper, mixing well.

Remove fillet from marinade and roll in bread crumb mixture until completely covered.

In a large fry pan, heat oil and butter; add fillets and cook for 3 to 4 minutes on each side, or until golden brown and fish flakes easily.

Remove to a serving platter and keep warm.

Add cream and grated lemon peel to the pan drippings and bring to a boil; stirring constantly until slightly thickened. Spoon over fillets and sprinkle with almonds.

**Tip: Clean your catch and put immediately into plastic bag with marinade.
Dinner's ready when you get home.**

Mustard Fried Bream

(Bluegill are often called bream in parts of the deep South.)

- 1 16-oz. carton sour cream
- 1 cup prepared mustard
- 12 bluegill
- 3 cups yellow cornmeal
- salt and pepper to taste
- peanut oil

Clean and scale the bluegill, remove the entrails and clean with cold water. Coat fish with first two ingredients and let stand for 20 minutes in refrigerator. Season cornmeal with salt and pepper, before dredging the fish in the mixture. Deep fry in hot peanut oil, using either a cast iron skillet or fish fryer.

Fried Bluegill

2 pounds bluegill, cleaned
garlic salt
black pepper
peanut oil
yellow cornmeal

Mix ingredients in plastic bag, using your own estimate for the quantity.
Fry in hot oil until crisp. Drain on paper towels.

Lemon Fried Bluegill

1 c. flour
2 tsp. lemon peel, grated
½ tsp. salt
¼ tsp. pepper
1 c. water
vegetable oil (for frying)
1½ lb. blue gill
flour

Blend flour, lemon peel, salt and pepper. Add water.
Chill for 30 minutes. Heat 2 inches of oil in a fryer to 375°.
Coat fish in flour. Dip in batter. Fry 3 minutes. Drain on paper towels.

Baked Bluegill

Bluegill (quantity determined by luck)
2 tablespoons melted butter
¾ cup lemon juice
¾ cup Italian salad dressing
salt and pepper to taste

Clean the fish (scale and remove entrails) with heads remaining intact.
Adjust the broiling rack of your oven to hold the fish about 4 inches from the heat.
Preheat the broiler and broiling pan.
Brush the fish liberally with lemon juice inside and out, then sprinkle with salt and pepper.
Coat the bottom of the broiling pan with melted butter, then arrange the fish.
Baste with Italian salad dressing.
Broil for 4 or 5 minutes or until the fish starts to brown. Turn, baste, and broil the fish for an additional 4 minutes, or until they flake easily when tested with a fork.

Bluegill Casserole

Serves 6 to 8.

4 cups boneless Bluegill fillets
3 Tablespoons Butter or margarine
1 cup soft Bread crumbs
3 Tablespoons chopped fresh Parsley
Salt and Pepper to taste
2 Tablespoons Lemon juice
1 (10 oz.) Cream of Celery soup
1/2 soup can Milk
1 stick Butter, melted
1 1/2 cups crushed Corn Flakes
1 cup grated Cheddar Cheese
2 teaspoons grated Onion
1 teaspoon dry Mustard
1 Tablespoon chopped Pimento
3 Tablespoons Worcestershire Sauce
1 Green Pepper, chopped
1 (6 oz.) can Creamed Corn

Melt 3 tablespoons butter in a large skillet; add the fish, and cook gently, turning once for 5 minutes.

Add water to cover; cover and simmer 5 minutes longer. Drain, and set aside.

In a large bowl, combine the remaining ingredients (except the corn flake crumbs and cheese); mix well.

Fold in the reserved fish, turn into a buttered casserole, and top with an even layer of corn flake crumbs.

Sprinkle with the cheese; cover, and bake at 350° for 25 minutes.

Remove the cover, and bake 5 minutes longer, until the cheese is golden brown.

Bluegill Salad

leftover Fish
Mayonnaise
Sweet Pickles, chopped or Relish
finely chopped Celery

Break the leftover fish up into small pieces with a fork.

Add the sweet pickles and celery to taste, and then add enough mayonnaise to make a spread.

Excellent as a sandwich spread or as a snack with crackers.

Batter Fried Bluegill

Serves 4.

1 pound Fish

1 Egg

1 cup Flour *

3/4 cup Milk **

***For lighter batter, use 1/2 cup flour and 1/2 cup prepared biscuit mix.**

****Beer may be substituted for milk.**

Pat the fish dry with paper towels. In a bowl, mix the egg, flour and milk until the batter is smooth.

Allow to stand for 15 minutes.

Dip the fish in the batter, and then fry in hot oil until both sides are browned.

Fried Bluegill Parmesan

Serves 4.

1 pound Fish

16 ounces crushed Saltine Crackers

1/2 teaspoon Parsley flakes

1/2 teaspoon sweet Basil

1/4 teaspoon Oregano

1/8 teaspoon Garlic powder

1/2 cup Parmesan cheese, grated

1 Egg

1/2 Tablespoon Milk

1/4 cup Flour

1/2 cup butter-flavored Crisco

Pat the fish fillets dry with paper towels. Dredge the fish in flour, and shake off the excess.

Mix the egg and milk in a bowl. In a separate bowl, mix the crackers and seasonings.

Dip the fish in the egg mix, then in the cracker mix.

In a frying pan, heat 1/2 cup butter-flavored Crisco to 425° to 450°.

Place the breaded fish in the oil, skin side up. Fry until golden brown.

Bluegill and 'Kraut Sandwiches

Makes 4 servings.

1 cup cooked, flaked Bluegill
½ cup well drained Sauerkraut
¼ cup chopped Dill Pickles
¼ cup Mayonnaise
1 Tablespoon Horseradish
12 slices Party Rye Bread
4-1 ounce slices Swiss Cheese
2 Tablespoons Margarine

In mixing bowl, combine fish, sauerkraut, pickles, mayonnaise, and horseradish. Mix well.

Portion mixture evenly on half the bread. Top with cheese.

Top with remaining bread. Melt margarine in skillet.

Place sandwiches in skillet and grill on each side until golden brown.

Serve with chips or relishes and a cold drink.

Nutty Bluegill Dip

1 pound cooked, flaked Bluegill
1 cup Sour Cream
¼ cup Peanut dust (crushed in blender)
1 Tablespoon fresh Lemon juice
3 Tablespoons minced Onion
¼ teaspoon Salt

Combine all ingredients well and chill.

Serve sprinkled with additional peanut dust.

Bluegill Cocktails

6 to 8 Bluegill
Cocktail Sauce

Place whole bluegill in boiling water for exactly 6 minutes.

Allow 1 or 2 small fish per serving.

Remove from water, and, with a fork, peel the white meat from the bone. Salt to taste.

Chill thoroughly, and serve in cocktail glasses with your favorite shrimp cocktail sauce.

Better than shrimp.

Bluegill Chowder

Dice or grate:

5 large Potatoes

1 large Onion

3 stalks Celery

1 Green Pepper

Add vegetables to:

2 cups Water

2 Beef Bouillon Cubes

2 Tablespoons Butter

Salt and Pepper

Bring to a boil then simmer at least 2 hours. About 30 minutes before serving add paste:

1/2 cup Water (about)

3 Tablespoons Flour

2 pounds diced Bluegill

2 Tablespoons Butter

Simmer 30 minutes. Remove from heat and stir in:

1/2 cup Whipping Cream (optional, but gives rich flavor)

Fried Bluegill Casserole

bluegill fillets (enough to cover flat 2 quart casserole)

enough milk to cover fish

1 stick butter or oleo

1 small bell pepper, chopped

2 cans shrimp soup

1 small can sliced mushrooms

juice of 1 lemon

1/2 c. sherry

salt and pepper to taste

2 dashes Worcestershire sauce

Soak fish in milk 2 to 3 hours. Dip fish in flour. Brown in butter. Put into dish.

Brown pepper and onions in butter until limp.

Add shrimp soup, mushrooms and 1/2 mushroom juice, lemon juice, shrimp and season to taste.

Pour over fillets and bake at 350°F for 30 to 40 minutes.

Cream Cheese Bluegill Bake

Serves 4.

- 1 (3 oz.) pkg. cream cheese**
- 1 c. dry macaroni**
- 1 (10 oz.) can condensed cream of mushroom soup**
- 1 1/2 c. cooked, flaked bluegill**
- 1/4 c. chopped onion**
- 1/4 c. chopped green pepper**
- 2 Tbsp. prepared mustard**
- 1/4 tsp. salt**
- 1/4 c. milk**
- 1/2 c. cornflake crumbs**

Preheat oven to 375°F. Allow cream cheese to soften at room temperature.

Prepare macaroni according to package directions. Drain.

Blend soup and cream cheese with an electric mixer.

Stir in macaroni and remaining ingredients, except cornflake crumbs.

Place mixture in a 1 1/2 quart dish. Sprinkle with cornflake crumbs.

Bake for 20 to 25 minutes.

Blackened Catfish

(Note: This recipe best prepared outdoors, if possible)

- 4 catfish fillets**
- olive oil**
- 1/3 lb. bacon**
- 2 teaspoons each of the following:**
 - garlic powder**
 - thyme**
 - white pepper**
 - black pepper**
 - cayenne pepper**
 - lemon pepper**
 - cumin or chili powder**
 - rosemary, crushed**
 - fennel seed, crushed**
 - 1 teaspoon allspice**
 - 1 teaspoon oregano**
 - 1/2 teaspoon salt**

Fry bacon; discard bacon and retain grease. Combine all dry ingredients, rub fillets with olive oil, then coat liberally with spices. Drop in hot bacon grease and cook until you can easily put a fork through them.

Blackened Catfish With Lemon Butter

(Note: This recipe best prepared outdoors, if possible)

4 catfish fillets

olive oil

1/3 lb. bacon

2 teaspoons each of the following:

- **garlic powder**
 - **thyme**
- **white pepper**
- **black pepper**
- **cayenne pepper**
- **lemon pepper**
- **cumin or chili powder**
- **rosemary, crushed**
- **fennel seed, crushed**

1 teaspoon allspice

1 teaspoon oregano

1/2 teaspoon salt

Fry bacon; discard bacon and retain grease.

Combine all dry ingredients, rub fillets with olive oil, then coat liberally with spices.

Drop in hot bacon grease and cook until you can easily put a fork through them.

Serve with Lemon Butter:

1/4 cup melted butter

1 teaspoon lemon juice

1/2 teaspoon tabasco

sliced green onions

Beer Battered Catfish

3 lb. catfish

1/4 cup cornmeal

1/4 cup flour

2 eggs, beaten

1 12-ounce beer

1/4 cup minced onion

3 cups vegetable oil

salt and pepper to taste

In a medium mixing bowl blend flour, cornmeal, salt, and pepper together.

In a separate medium mixing bowl beat egg well, add beer and minced onions, mix well.

Cut the catfish into 2 inch cubes or strips. Heat the vegetable oil. Roll the catfish into the flour mixture, then

dip into the beer-egg mixture, then back into the flour mixture.

Place flour and dipped catfish into the deep-fry, cook until golden brown.

Cajun Catfish

Serve over rice. Serves 2.

2 large catfish fillets
1 cup onions, chopped fine
½ cup celery, chopped fine
2 garlic cloves, minced
¼ cup butter
¼ cup flour
1 tsp salt
½ tsp black pepper
¼ tsp cayenne pepper
1 1-lb can sliced tomatoes
3 cups water
2 cups hot cooked rice

In a deep skillet, cook the butter and flour together over low heat to form a roux. Add the onions, celery, and garlic, and sauté until tender. Add the tomatoes, salt, peppers, and water. Simmer covered for 20 - 30 minutes. Add the fillets and cook until flaky, 15 - 20 minutes.

Catfish Cakes

2 pounds poached catfish fillets
2 tablespoons mayonnaise
2 eggs, beaten
Salt and pepper, to taste
Worcestershire sauce, to taste
Fresh bread crumbs
8-12 tablespoons butter

Drain poached fillets well, pat dry and flake.

Mix catfish fillets, mayonnaise, egg, salt, pepper, and Worcestershire sauce.

Form into cakes. Dip both sides of each cake in bread crumbs. Melt butter in a skillet. Cook catfish cakes in butter over moderate heat until heated through and lightly browned.

Catfish with Dijon Sauce

4 catfish fillets
3 tablespoons Butter or Margarine, melted
1 teaspoon Worcestershire Sauce
1 teaspoon Lemon Pepper
Dijon Sauce

Rinse fillets and blot dry. Combine butter, Worcestershire Sauce, and Lemon Pepper; mix. Brush both sides of fillets with butter mixture and place on a sheet of heavy-duty foil or in a well-greased hinged fish basket. Grill over medium-hot coals for 5-8 minutes; turn fillets and grill another 5-8 minutes or until fish flakes easily when tested with a fork. Combine sour cream, Dijon Mustard, and Worcestershire Sauce. Heat 45 seconds in microwave or until warm. Serve 2 tablespoons sauce over each catfish fillet.

Grilled Catfish with Salsa

4 catfish fillets
½ teaspoon garlic salt
½ teaspoon pepper

Sprinkle catfish with garlic salt and pepper. Place catfish in a well-oiled grill basket or on a well-oiled grill rack. Grill on an uncovered grill directly over medium-hot coals about five minutes per side or until fish flakes easily.

Fresh Homemade Salsa
3 medium tomatoes, chopped
¼ cup chopped onion
2 medium jalapeno peppers, chopped
2 tablespoons white wine vinegar
1 teaspoon salt

In a bowl combine tomatoes, onion, jalapeno peppers, vinegar and salt. Stir well. Let stand at room temperature for about 30 minutes before serving. Chill to store. Makes 3 cups. Serve over catfish fillets hot off the grill.

Louisiana Catfish

- 1 cup finely chopped onion**
- 1 cup chopped parsley**
- 2 tablespoons olive oil or peanut oil**
- 1 tablespoon finely chopped garlic**
- 4 cups peeled and chopped fresh tomatoes**
- Ground red pepper, to taste**
- Salt, to taste**
- 2 cups burgundy wine**
- 1 tablespoon soy sauce**
- 4 (5-8 oz.) catfish fillets, lightly seasoned with salt and pepper**

Place onions and parsley in oil and sauté 3-5 minutes.

Add garlic and then the rest of the ingredients except catfish fillets.

Cook until the onions are translucent, about 10 minutes.

On medium-hot grill place fillets, skin side up, for 3 minutes. Turn and cook 2 minutes more.

Place in aluminum foil and place on grill-safe pan on grill and top with sauce.

Close top on grill and cook 10 minutes.

Layered Catfish Dip

Makes 12 servings.

- 3 cups water**
- 1 pound catfish fillets**
- 12 ounces cream cheese, softened**
- 2 tablespoons mayonnaise**
- 2 tablespoons Worcestershire sauce**
- 1 tablespoon lemon juice**
- dash garlic salt**
- 1 small onion, chopped**
- 1 12-ounce bottle chili sauce**
- parsley (optional)**

In a large skillet bring water to boil. Add catfish. Return to boil; reduce heat.

Cover, and simmer gently for 5 to 7 minutes until fish flakes easily. Remove from water. Cool slightly.

Flake catfish; set aside. In a mixing bowl stir together cream cheese, mayonnaise, Worcestershire sauce, lemon juice and garlic salt. Stir in chopped onion.

To assemble, spread cheese mixture over bottom of a 12-inch plate or shallow serving bowl.

Spread chili sauce over cheese layer. Top with cooked catfish.

Garnish with parsley, if desired. Serve with sturdy crackers.

Mustard Fried Catfish

Hot mustard
Tabasco sauce
minced garlic
salt
black pepper
2 pounds catfish fillets
yellow cornmeal
peanut oil

Combine seasonings in plastic storage bag, shaking to form mixture.

Add fillets and marinate for up to 4 hours.

Drain fillets, dredge in cornmeal and deep fry in fish fryer or pan fry in cast iron skillet until golden brown.

Catfish Court Bouillon

Makes 8 Servings

1/2 cup cooking oil
1/2 cup all-purpose flour
1 cup chopped onion
1 cup chopped celery
1 cup chopped green pepper
4 cloves garlic, minced
6 cups chicken broth, fish stock, or water
15 oz. can tomato sauce
10 oz. can Rotel tomatoes
2 bay leaves
3 lbs. catfish fillets
Creole seasoning
8 cups hot cooked rice

In large kettle or Dutch oven stir together oil and flour until smooth to being making roux.

Cook over medium-high heat until mixture boils, stirring constantly.

Reduce heat to medium and stir constantly about 10 minutes or until mixture turns a medium brown.

Add onions, celery, green pepper, and garlic. Cook and stir until tender.

Stir in chicken broth, fish stock or water. Add tomato sauce, tomatoes and bay leaves.

Bring to boil; reduce heat. Cover and simmer for 30 minutes. Meanwhile, cut fish into bite-sized pieces.

Sprinkle lightly with Creole seasoning. Add catfish to tomato mixture.

Cover and simmer for 25 minutes or until fish flakes easily. Season to taste with Creole seasoning.

Remove and discard bay leaves. Mound 1 cup rice on each serving plate. Spoon catfish mixture over rice.

Old Bay Dash O'Lemon Catfish

1 pound catfish
butter
Old Bay Dash O'Lemon

Place the catfish fillets on a lightly greased broiler pan, and brush the fillets with melted butter. Sprinkle ½teaspoon Old Bay Dash O'Lemon over each fillet, and broil 5-6 minutes or until the fish flakes easily.

Catfish Stew

5 pounds catfish, dressed
1/2 pound bacon, diced
3 pounds red potatoes, diced
2 pounds white onions, diced
5 cups water
6 eggs, hard boiled, diced
1 4-ounce can pimento, drained and diced
1 6-ounce can evaporated milk
salt and pepper to taste

Fry fish using corn meal, milk and seasonings until flesh flakes when poked with a fork.
Fry bacon until crisp; remove from skillet and set aside.
Fry potatoes and onion in bacon drippings until tender.
Place fish in 4 cups water in cast iron dutch oven. Add bacon, potatoes, onion, eggs and pimento.
Simmer for 1 to 1 1/2 hours, adding water if needed.
Add milk, stirring constantly, while seasoning with salt and pepper.

Classic Fried Catfish

Makes 4 servings.

¾ cup yellow cornmeal
¼ cup flour
2 teaspoons salt
1 teaspoon cayenne pepper
¼ teaspoon garlic powder
4 catfish fillets or whole catfish
vegetable oil

Combine cornmeal, flour, salt, cayenne pepper and garlic powder.
Coat catfish with mixture, shaking off excess. Fill deep pot or 12 in. skillet half full with vegetable oil. Heat to 350°. Add catfish in single layer, and fry until golden brown, about 5-6 minutes, depending on size. Remove and drain on paper towels.

Beer Catfish

2 cups self-rising flour
1 cup beer
Garlic powder, salt and pepper to taste
4 catfish fillets (3-5 oz.) cut into strips
Vegetable oil for frying

Combine 1 cup flour, beer, garlic salt, salt and pepper in a bowl. Mix well. Dip catfish strips in remaining flour and then in batter. Fry in hot oil in a deep-fryer or skillet until golden brown. Drain on absorbent towels. Serve hot with your favorite sauce.

Old Bay Seasoned Catfish

1 pound catfish, Old Bay Seasoning, 1 lemon, cut in half

Place the catfish fillets on a lightly greased broiler pan, and liberally sprinkle Old Bay Seasoning and the juice of one lemon half. Broil 3-4 minutes, turn the fillets, and sprinkle with more Old Bay Seasoning and the juice of the remaining lemon half. Broil 3-4 minutes longer or until the fish flakes easily.

Catfish With Creole Sauce

4 7-ounce Catfish fillets
Peanut oil for lubricating fish and greasing grill
½ teaspoon Garlic powder
1 teaspoon Paprika
Pepper to taste
½ teaspoon crumbled, dried Tarragon
Creole Sauce

Brush catfish fillets with oil and sprinkle with seasonings. Arrange fish on prepared grill. Cook for 3 minutes, brush with oil, and turn. Continue cooking until fish begins to flake easily when tested with a fork, 2-4 minutes, depending on the size of the fish. Arrange catfish on heated platter and serve with hot Creole Sauce.

Creole Sauce

2 tablespoons Butter
1 large clove Garlic, minced
1 large Onion, minced
1 medium green Bell Pepper, seeded and chopped
2 stalks Celery, chopped
1 Bay Leaf
½ teaspoon Paprika
3 cups peeled, diced, fresh or canned Tomatoes
½ cup Chili Sauce

Heat butter in medium saucepan, and add garlic, onion, celery and bell pepper.

Sauté for 3-5 minutes, stirring often, until vegetables are tender.

Add remaining sauce ingredients. Simmer, uncovered, stirring occasionally, for 20 minutes.

Remove and discard bay leaf.

Place cooled sauce in a covered container and store in refrigerator until ready to use.

Reheat before serving.

Italian Marinated Catfish

4 catfish fillets
Melted Margarine
Italian Marinade
1 cup Italian Dressing
(regular or diet)
2½ tablespoons lemon juice
½ teaspoon salt

Combine the marinade ingredients, and marinate the fillets 1-2 hours, turning occasionally.

Broil the fillets until the fish flakes easily with a fork, being sure to occasionally baste the fillets with marinade and/or melted margarine.

Catfish and 'Kraut Sandwiches

Makes 4 servings.

1 cup cooked, flaked Catfish
½ cup well drained Sauerkraut
¼ cup chopped Dill Pickles
¼ cup Mayonnaise
1 Tablespoon Horseradish
12 slices Party Rye Bread
4-1 ounce slices Swiss Cheese
2 Tablespoons Margarine

In mixing bowl, combine fish, sauerkraut, pickles, mayonnaise, and horseradish. Mix well. Portion mixture evenly on half the bread. Top with cheese. Top with remaining bread. Melt margarine in skillet. Place sandwiches in skillet and grill on each side until golden brown. Serve with chips or relishes and a cold drink.

Creole Creamed Catfish

Serves 4.

4 Catfish fillets
3 Tablespoons Butter
¼ cup finely chopped Shallots
½ cup Tomato Sauce
2 cups Cream
juice of one Lemon
2 cups White Wine
Salt, Black and Red Pepper to taste
⅓ cup finely chopped Parsley

Salt and pepper the fillets with black pepper and a very light pinch of cayenne pepper.

Place them in a heat-proof dish with a cover.

Mix 3 tablespoons of butter, the shallots, tomato sauce, 1 cup of the cream, the lemon juice and white wine. Pour this mixture over the fish, cover, and let it simmer slowly for about 20 minutes, or until the fillets flake easily. Lift the fish onto a warm platter.

Add the other cup of cream and the parsley to the sauce, and bring to a boil.

Let it cool until the sauce thickens; then pour over the fish.

Quick and Easy Fried Catfish

1/3 pound Catfish fillets per person
2 cups dry Pancake Mix
Salt
Oil for frying
Lemon and Pepper seasoning
Cocktail Sauce

Wash and dry fish. Dip fish into water.
Sprinkle with salt and lemon pepper. Coat lightly with pancake mix.
Fry in deep fat for four or five minutes, or until fish flakes easily. Serve with cocktail sauce.

Killer "Crab" Dip with Catfish

Catfish Fillets
Green Onions, finely diced
Celery, finely diced
Mayonnaise

Bake fish for 30 minutes at 350°F. (Lemon can be added, if desired.) Drain fish. Flake fish into bowl. Add diced celery, green onion and mayonnaise. Salt and pepper to taste. Refrigerate. Serve with crackers.

Fried Catfish Casserole

**Catfish fillets (enough to cover flat 2 quart
casserole)**
enough milk to cover fish
1 stick butter or oleo
1 small bell pepper, chopped
2 cans shrimp soup
1 small can sliced mushrooms
juice of 1 lemon
1/2 cup sherry
salt and pepper to taste
2 dashes Worcestershire sauce

Soak fish in milk 2 to 3 hours. Dip fish in flour. Brown in butter. Put into dish.
Brown pepper and onions in butter until limp. Add shrimp soup, mushrooms and 1/2 mushroom juice, lemon juice, shrimp and season to taste. Pour over fillets and bake at 350°F for 30 to 40 minutes.

Herb-Baked Catfish

1 lb. frozen Catfish
1 tbsp. butter
1 cup milk
2 Tbsp. flour
1/4 tsp. salt
1/4 tsp. garlic salt
1/8 tsp. pepper
1/8 tsp. dried thyme
dash of oregano
1/4 cup green onions
paprika

Preheat oven to 350°F. Thaw fish and place in a baking dish. Dot with butter. Thoroughly blend milk and flour. Cook over medium heat, stirring constantly until sauce thickens and is bubbly. Cook and stir 1 minute longer. Stir in salt, garlic salt, pepper, thyme, oregano and green onion. Pour mixture over fish. Sprinkle with paprika. Bake uncovered for 20 to 25 minutes. Serves 4.

Quick and Easy Fried Crappie

1/3 pound Crappie filets per person
2 cups dry Pancake Mix
Salt
Oil for frying
Lemon and Pepper seasoning
Cocktail Sauce

Wash and dry fish. Dip fish into water. Sprinkle with salt and lemon pepper. Coat lightly with pancake mix. Fry in deep fat for four or five minutes, or until fish flakes easily.
Serve with cocktail sauce.

