

South Dakota State University

## Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange

---

Bulletins

South Dakota State University Agricultural  
Experiment Station

---

10-1-1977

# Paddlefish

D. Deethardt

Follow this and additional works at: [http://openprairie.sdstate.edu/agexperimentsta\\_bulletins](http://openprairie.sdstate.edu/agexperimentsta_bulletins)

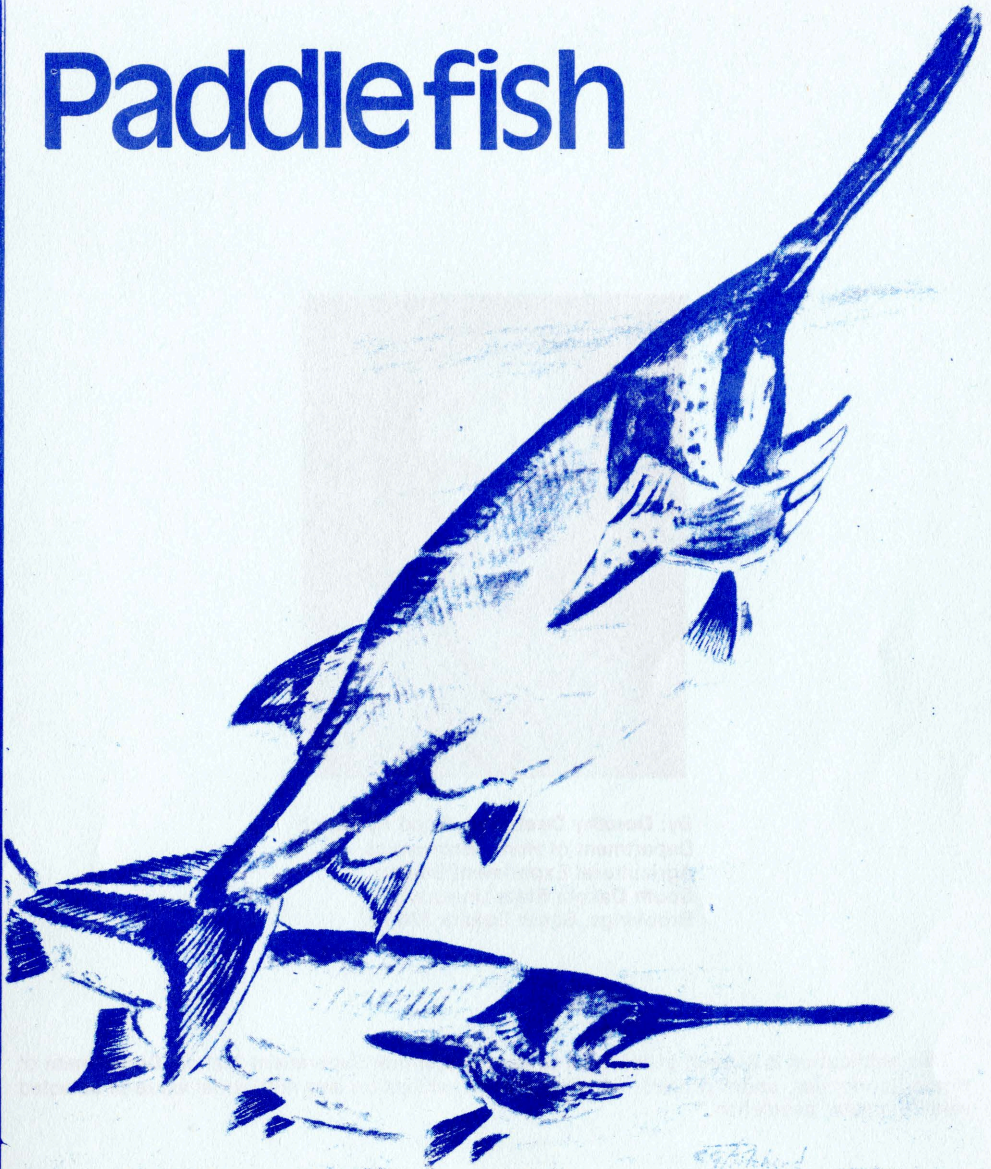
---

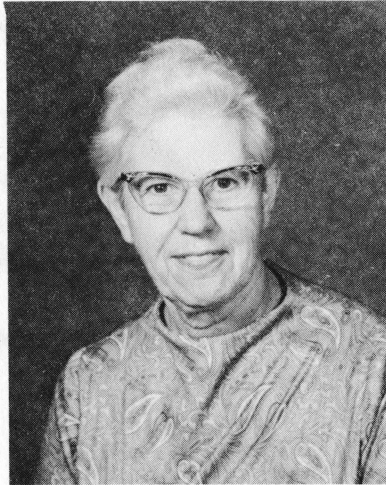
### Recommended Citation

Deethardt, D., "Paddlefish" (1977). *Bulletins*. Paper 656.  
[http://openprairie.sdstate.edu/agexperimentsta\\_bulletins/656](http://openprairie.sdstate.edu/agexperimentsta_bulletins/656)

This Bulletin is brought to you for free and open access by the South Dakota State University Agricultural Experiment Station at Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. It has been accepted for inclusion in Bulletins by an authorized administrator of Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. For more information, please contact [michael.biondo@sdstate.edu](mailto:michael.biondo@sdstate.edu).

# Paddlefish





By: **Dorothy Deethardt**, Food Research  
Department of Home Economics  
Agricultural Experiment Station  
South Dakota State University  
Brookings, South Dakota 57007

This publication is a result of research by the Agricultural Experiment Station, Department of Home Economics, under project 773 "Preparation, utilization and nutritional value of selected wildlife meats: paddlefish."

#### **Acknowledgements**

Appreciation is extended to the personnel of the Wildlife & Fishery Sciences Department for helping secure the paddlefish; to Mr. Dennis Unkenholz, Research Biologist of the State Department of Game, Fish & Parks for the photographic description of "filleting" a paddlefish; to Jacalyn Rosen for her help in cleaning and canning the fish; to those people who evaluated all the products presented in this bulletin; and to Gwen Yseth, Duane Hanson and the Agricultural Information staff for assembling the bulletin.

Thanks also goes to NEBRASKALAND magazine for supplying the cover picture.

# Paddlefish

The paddlefish story in South Dakota shows how man has caused environmental changes.

Paddlefish were rarely the targets of hook-and-line anglers, but they were occasionally caught in the nets of commercial fishermen. After the Missouri River dams were completed in the 1950's, paddlefish moved upstream to the dams and concentrated in their tail waters. The dams settled out the sediment and cleaned the water, giving a good view of the bottom.

These two factors have made it possible for fishermen to snag the paddlefish. Its slowness and lack of agility enables capture at almost anytime of the year, providing an important source of recreation in South Dakota.

The paddlefish family *Polydon spathula* is closely related to the sturgeon family. It has a scaleless, dark gray-green body, an inferior mouth and two small eyes at the base of a long, flat spatuliform snout, which is about half as long as the rest of the head and body. The paddlefish has no true bones, making it an extremely primitive freshwater fish. Some fish grow to 6 feet in length and weigh up to 150 pounds.

Paddlefish feed largely on minute free-floating animals called zooplankton. The paddle, which is richly supplied with sense organs, may help in locating food or guide the fish's movements. The flesh resembles that of the sturgeon, and the roe is sometimes used for caviar.

The only other known species of the polyodontidae family is the *Psephurus gladius* found in the freshwaters of China.

The unusual size of the paddlefish has left some homemakers at a loss as to what to do with so much fish at one time. The first thing to remember is use the fish while fresh, dress it out as quickly as possible after catching, then put it on ice, refrigerate or freeze until later use. Ben Franklin's adage, "Fish and guests begin to stink after the third day," is still accurate.

To freeze fish, remove all blood clots and entrails, wash well, and wrap carefully in foil, freezer paper or plastic wrap. The package **must** be air tight. Frozen fish should be used within six months to ensure good quality.

Paddlefish is a delicate meat with a delicate flavor and needs some special attention when cooking. Overcooking of fish flesh destroys texture and flavor, leaving an undesirable product. Fish cooks quickly, and it's ready to eat when it flakes with a fork. Large pieces of cooked fish are usually served in chunks that have been separated with forks rather than in slices.

# Cleaning and Cutting Procedures

Due to the unusual body structure of paddlefish, the cleaning process is different from that used for most other fish. Paddlefish have no scales and few bones. The following series of pictures illustrates the "filleting" method of cleaning paddlefish. A sharp, thin-bladed knife is essential for the filleting.

The procedure to remove the notochord is optional, but it does allow for rapid bleeding of a freshly harvested fish. Carefully cut around the base of the tail just down to the notochord. (Fig. 1)

Grasp tail firmly and twist about a 180° turn. (Fig. 2)

Gently remove notochord from body. (Fig. 3)

Fillet both sides of flesh. (Fig. 4)

Remove remaining kidneys or other organs from body cavity. (Fig. 5)

Lay fillet on cutting board and cut at right angles. (Fig. 6)

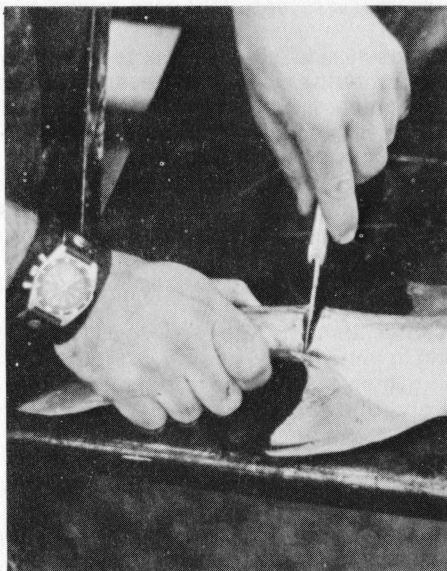
Note the colored (red) flesh that must be removed. This may be cut out when removing the skin. The skin "peels" off easily. (Fig. 7)

White flesh. (Fig. 8)

Partially trimmed chunk of fillet. (Fig. 9)

One chunk of paddlefish flesh ready to cook. (Fig. 10)

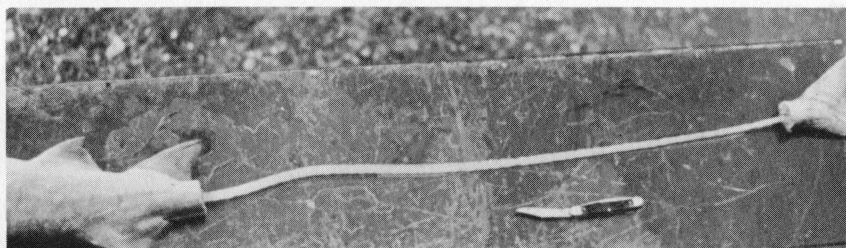
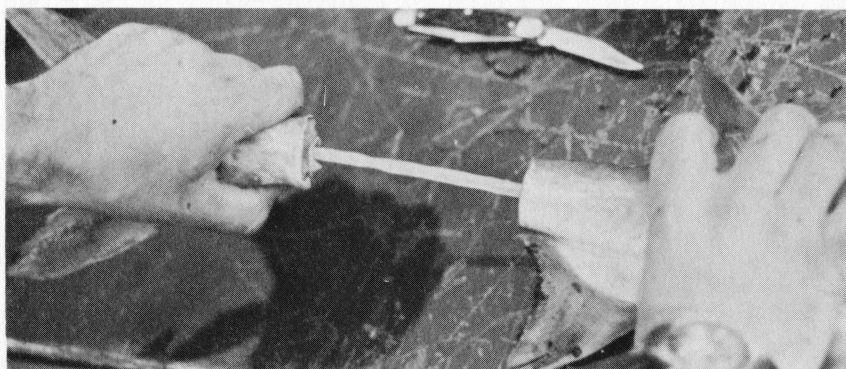
Another method of cleaning and cutting a paddlefish is to remove the head and entrails after removing the notochord, and slice the body crosswise into one or two-inch steaks or chunks. Then, trim off the dark meat with the skin.



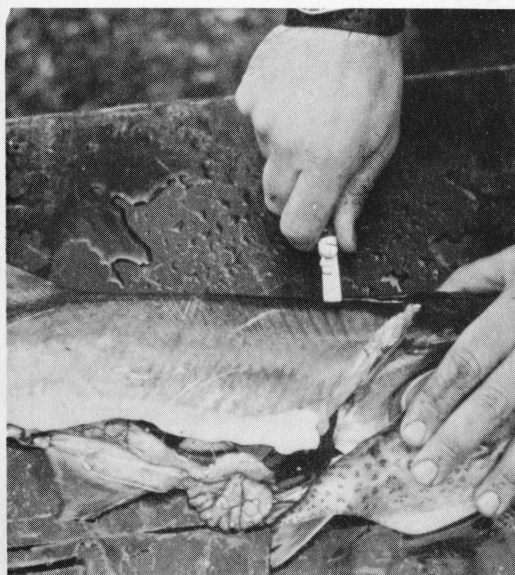
(Fig. 1)



(Fig. 2)



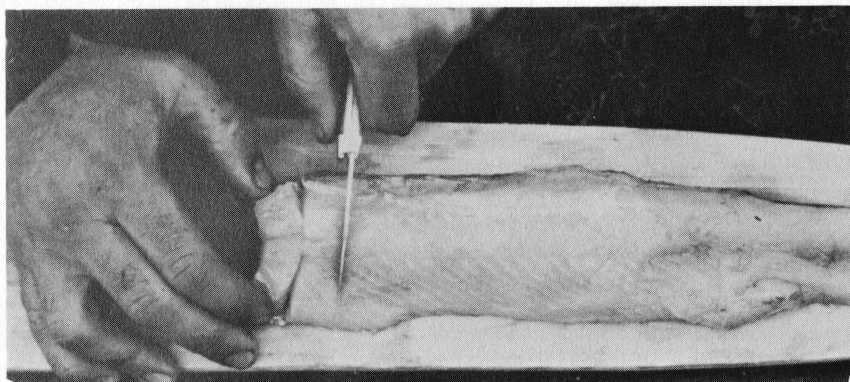
(Fig. 3)



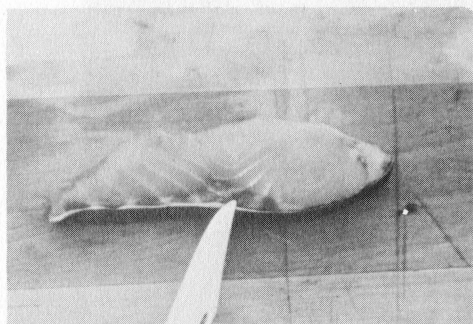
(Fig. 4)



(Fig. 5)



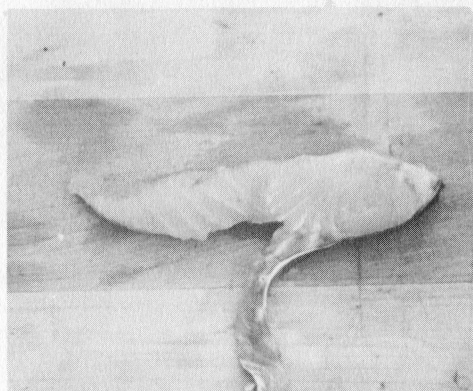
(Fig. 6)



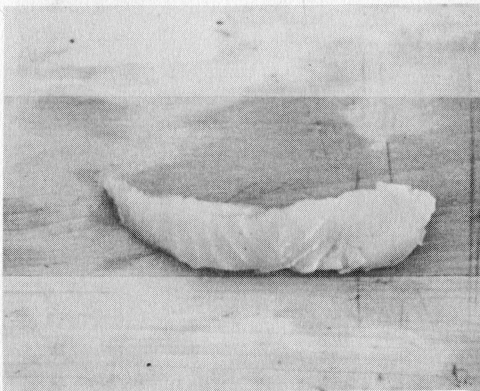
(Fig. 7)



(Fig. 8)



(Fig. 9)



(Fig. 10)



# ☐☐☐☐ Canning Methods ☐☐☐☐

The first requirement for canning paddlefish is to start with fresh, clean fish. A second requirement is good equipment, such as a pressure canner with an accurate gauge and clean jars of appropriate size. Half-pint and pint jars are the size most often used for fish products.

The flesh of paddlefish is firm and easy to work with. Cut flesh into 1-inch cubes and pack firmly into jars, leaving a  $\frac{1}{2}$  to  $\frac{3}{4}$  inch headspace. Add salt and/or sauces, then exhaust open jars in a pre-heated pressure canner for 10 minutes for half pints and 15 minutes for pints.

The canner should contain about two inches of boiling water with trivet in the bottom. Place open jars in the canner, put the cover on loosely, and heat the proper length of time.

Take the hot jars out and clean off the top rim. Any bit of fish, oil or grit left on the rim will prevent a proper seal. Put hot lids on the jars and tighten the band firmly without forcing.

Return jars to the hot canner, seal the cover and exhaust steam for ten minutes. Close the valve or put on weight (depending on style of canner) and count processing time when gauge gets to 10 pounds of pressure. Adjust heat to hold the pressure as any fluctuation in pressure may damage the product. Process 90 minutes for half pints and 110 minutes for pints. Allow the canner to cool until the gauge has returned to zero before opening.

Remove the jars and let them cool away from drafts. When the jars are cooled, check for proper sealing. If a jar does not seal, it may be put in the freezer for later use. Clean off jars and label with name of product and date. Store in a dark, dry place. Light has an adverse effect on color and quality of the product.

## ☐☐☐☐☐☐☐☐☐☐ Recipes ☐☐☐☐☐☐☐☐☐☐

### ***Plain Canned Paddlefish***

Pack cubed fish into jars.  
Add:  $\frac{1}{2}$  tsp. salt for half pints  
1 tsp. salt for pints  
Process as directed.

### ***Tuna Style Canned Paddlefish***

Pack cubed fish into jars.  
Add:  $\frac{1}{2}$  tsp. salt and 1 tbsp. salad oil for half pints  
1 tsp. salt and 2 tbsp. salad oil for pints  
Process as directed.

### ***Canned Paddlefish with Tomato Sauce***

#### **Tomato Sauce**

1 can (10 $\frac{1}{2}$  oz.) tomato puree  
 $\frac{1}{8}$  tsp. horseradish  
 $\frac{1}{4}$  tsp. minced onion  
2 tsp. Spiced Vinegar Sauce (may use  
Spiced Vinegar Sauce see p.8 )  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{2}$  tsp. sugar

Blend all ingredients and simmer until reduced to about one half concentration.

Pack cubed fish into jars, leaving enough headspace to add 1 to 2 tbsp. of tomato sauce for each half pint, 3 to 4 tbsp. for pints. Process as directed.

### **Canned Paddlefish with Tomato Cocktail Sauce**

This recipe resembles canned salmon.

Pack cubed fish into jars. Leave enough headspace to add for each pint:

- 1 tsp. salt
- ¼ c. vinegar
- ¼ c. canned tomato cocktail
- 1 tsp. brown sugar

Process as directed.

### **Canned Paddlefish with Barbecue Sauce**

Pack cubed fish into jars. Leave enough headspace to add for each pint:

- 1½ tbsp. vinegar
- 1½ tbsp. ketchup
- 1 tsp. horseradish (heaping)
- ½ tsp. salt
- ½ tsp. black pepper
- 1 tsp. chopped onion or onion flakes

Process as directed.

### **Spiced Paddlefish**

**Spiced Vinegar Sauce** (enough for 3 to 4 half pints)

- 2 c. white vinegar
- 1 c. water
- 1 tbsp. sugar (15 gm.)
- 1 tsp. white pepper (1.8 gm.)
- 1 tsp. dry mustard (1.8 gm.)
- 1 tsp. whole clove (1.8 gm.)
- 5 or 6 cardamon seeds (0.94 gm.)
- Pinch of shaved ginger root (0.94 gm.)
- 3 large bay leaves (0.94 gm.)

Add sugar and water to the vinegar. Tie spices loosely in cheese cloth and simmer in the vinegar solution for one hour. Strain.

Pack cubed fish loosely into half pint jars. Fill jars with half-strength vinegar sauce (dilute vinegar sauce with half water) and exhaust 20 minutes. Invert the jars on a wire rack and drain 3 to 5 minutes. Right the jars and fill with full strength hot vinegar sauce (leave ½ to ¾ inch headspace), seal and process as directed for half pints.

# Pickled Paddlefish

*Even though the next two recipes are quite different, they have one thing in common - they're good! The first recipe uses raw fish, while the second recipe calls for cooked fish. Both products need refrigeration.*

### **Pickled Paddlefish**

2 lb. paddlefish

#### **Sauce**

- ½ c. white wine vinegar
- ½ c. brown sugar (100 gm.)
- ¼ c. white vinegar
- 1 tbsp. pickling spices
- Onion, thinly sliced

Boil spices in wine vinegar and sugar. Mix with white vinegar. Cut paddlefish into small pieces. Layer fish loosely with sliced onion and sprinkle with salt. Pour vinegar mixture (hot) over fish and allow to stand for 48 hours. Yield 1½ quarts. Refrigerate (keeps about one month). Wide mouth jars work best.

### **Cooked Pickled Paddlefish**

- 4 lb. paddlefish
- 1 tbsp. salt (20 gm.)
- 1 qt. water

#### **Sauce**

- 1 c. cooking water
- 2 c. vinegar
- 1 oz. whole pepper (28 gm.)
- 1½ oz. nutmeg (42 gm.)
- 1 oz. mace (28 gm.)
- 2 tbsp. salad oil

Cut fish into small pieces or cubes and place in cheesecloth, simmer or steam 45 minutes in salted water, drain and cool.

Make a sauce of cooking water, vinegar and spices. Cook 5 minutes, and cool. Pour cold sauce over cold fish and add salad oil to make a layer of oil on top of fish, cover and store in refrigerator. Makes 4 pints and will keep about a month. Wide mouth jars work best.

## Recipes

*The following recipes are designed for either fresh or frozen paddlefish. Dress them up, add to them, experiment with special ingredients that you and your family like. There are many easy sauces that accompany fish dishes besides those given here. (Bulletin 646, **Crafty Carp Cookery**, has many more sauce recipes.)*

### **Baked Paddlefish Squares**

4 servings

1½ lb. paddlefish cut into serving squares.

Butter a baking pan quite well. Dip fish in

a shake and bake mixture; coat well. Lay in rows across the pan, then cover the top of each fish square with more butter. Put in a 375°F (190 C) oven and bake until golden brown, about 30 minutes.



**Baked Paddlefish Squares**



**Browned Paddlefish Supreme**

**Browned Paddlefish Supreme**

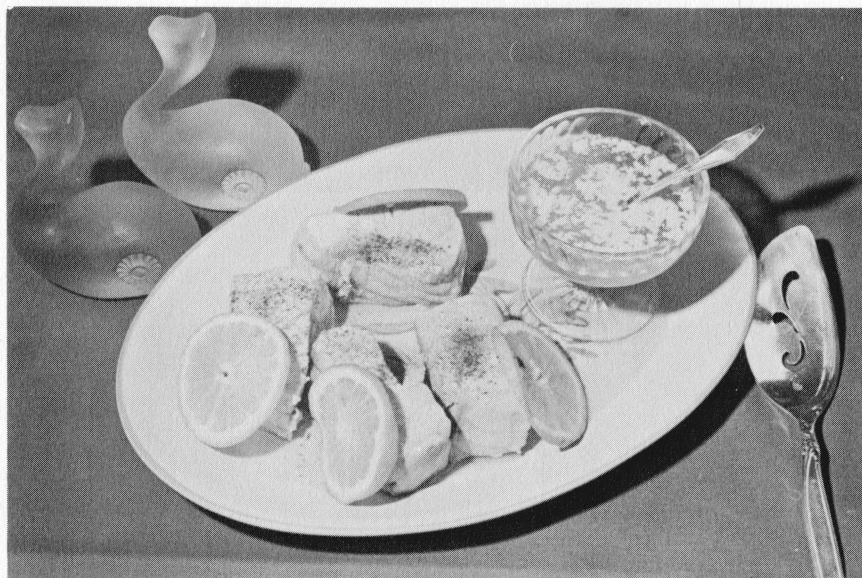
4-6 servings

- 2 lb. paddlefish steaks
- $\frac{1}{4}$  c. seasoned flour (p.17)
- $\frac{1}{4}$  c. butter
- 2 tbsp. lemon juice
- $\frac{1}{4}$  c. chopped onion
- 2 tbsp. chopped sweet pickles
- 2 tbsp. chopped pimiento

$\frac{1}{2}$  c. boiling water

Paprika

Cut steaks  $\frac{1}{2}$  to  $\frac{3}{4}$  inch thick. Wipe with a dry cloth, sprinkle with seasoned flour and place in oiled shallow baking pan. Spread butter over the steaks and bake in a moderate oven for 10 minutes. Add remaining ingredients, placing them over and around fish. Cover and bake at 350°F (177 C) for 30 minutes, uncover and brown.



**Boiled Paddlefish with Lemon Butter**

## Boiled Paddlefish

6-8 servings

Heat the following ingredients to a rolling boil in 8 qt. kettle.

- 4 qt. water
- 2 tbsp. salt
- 4 to 6 bay leaves
- 3 to 4 shakes Tabasco sauce

Add 2 to 3 lbs. paddlefish cut into 2" x 4" fillets. Cook until tender or starting to flake (10 to 20 minutes depending on thickness

of pieces). **Do not overcook!** Serve on hot tray, spread hot lemon butter over fish, and sprinkle with paprika. Garnish with lemon slices and parsley.

## Lemon Butter

- ¼ lb. butter
- 1 tsp. grated lemon rind
- Juice of ½ lemon

Melt butter, blend in lemon juice and rind. (Use the other half lemon for the slices on the tray with fish.)



*Poaching (simmering in liquids, such as water or milk) is a good way to cook fish, especially for boneless dishes. The cooked fish may be served with the thickened poaching liquid or other seasoned sauce.*

## Paddlefish Poached in Milk

6 servings

- 2 pounds of paddlefish
- 1½ c. milk
- ½ tbsp. butter
- Dash of black pepper
- Paprika

Cut fish into serving size pieces. In a covered pan, simmer fish pieces in salted milk until fish flakes easily when tested with a fork. Allow 10 minutes cooking time per inch thickness for fresh fish and about 20 minutes cooking time per inch thickness for frozen fish. Carefully lift fish to serving dish. Dot with butter, season with pepper and sprinkle with paprika. Serve fish with the milk or thicken as a white sauce.

## White Sauce

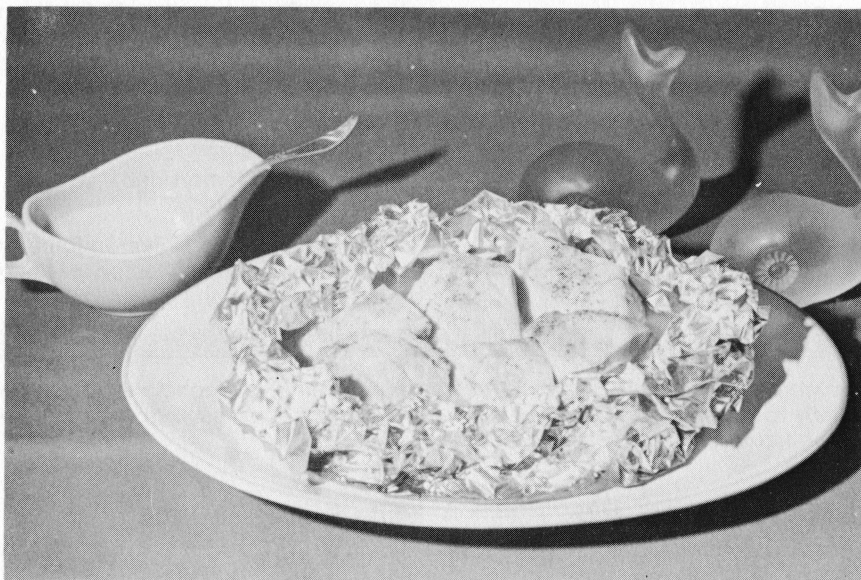
- 2 tbsp. butter
- 2 tbsp. flour
- ¼ tsp. pepper
- 1 c. milk from poaching fish.

In a small saucepan, melt butter, blend in flour and pepper. Stir in hot milk and bring to a boil, stirring constantly until smooth and thick.

**Variation:** Baked paddlefish with milk. Paddlefish may be poached in milk in a moderate oven 350°F (177 C) 30 to 40 minutes, baste often and **do not overcook**. Time depends on size and thickness of fish.



**Paddlefish Poached in Milk with White Sauce**



**Poached Paddlefish with Easy Hollandaise Sauce**

### ***Poached or Steamed Paddlefish***

3 servings

- 1 lb. paddlefish, cut into serving pieces
- 2 tbsp. lemon juice
- 2 tbsp. water
- $\frac{1}{4}$  tsp. salt
- Dash of black pepper
- 2 tbsp. butter
- Chopped parsley
- Easy Hollandaise Sauce

Pour an inch of water into a deep skillet or sauce pan. Place a trivet, if you have one, on the bottom. Bring water to a gentle boil. Arrange fish on a piece of heavy duty foil and turn up edges of the foil to make a dish; add lemon juice, water, salt, pepper and butter. Place in sauce pan, cover and cook gently for 10 to 15 minutes or until fish flakes with a fork. To serve, place fish package on warm serving platter, spoon juices (cooking juices from within the foil package) over each piece, sprinkle with parsley and serve with Easy Hollandaise Sauce.

### ***Easy Hollandaise Sauce***

- 2 egg yolks
- 1 tsp. flour

- $\frac{1}{4}$  c. melted butter
- 1 tbsp. lemon juice
- $\frac{1}{2}$  c. boiling water
- $\frac{1}{8}$  tsp. salt

Mix egg yolks, flour and melted butter; add lemon juice, water and salt. Cook over hot water (double boiler) for 30 seconds. This sauce may be served hot over fish or chilled and served over cold fish.

### ***Steamed Paddlefish***

6 servings

- 2 lb. paddlefish
- 1 tsp. salt
- 1 tbsp. chopped onion
- 1 tbsp. chopped celery

Sprinkle fish with salt and place on a piece of greased aluminum foil. Measure thickness of fish at thickest part, and add onion and celery. Wrap securely. Place the package in boiling water and cover. When water returns to boiling, time the cooking period. Boil 10 minutes per inch thickness for fresh fish and about 20 minutes per inch thickness for frozen fish. Serve hot with your favorite sauce, or use as flaked fish in other recipes.

## **Royal Pan-fried Paddlefish**

4 servings

1½ lb. paddlefish steaks or fillets, cut into serving pieces, ¾ inch thick  
¼ c. all-purpose flour  
¼ c. cornmeal  
½ tsp. salt  
½ c. butter  
1 tbsp. lemon juice  
Parsley  
Amandine Sauce

Wipe paddlefish pieces dry with paper toweling. Roll pieces in a mixture of flour, cornmeal and salt. Melt butter in a shallow fry pan or electric skillet. Place paddlefish pieces in the pan and cook slowly until brown on one side. Turn carefully and brown the other side. Cooking time will take 10-15 minutes. Remove pieces to a warm platter. Add lemon juice to the hot

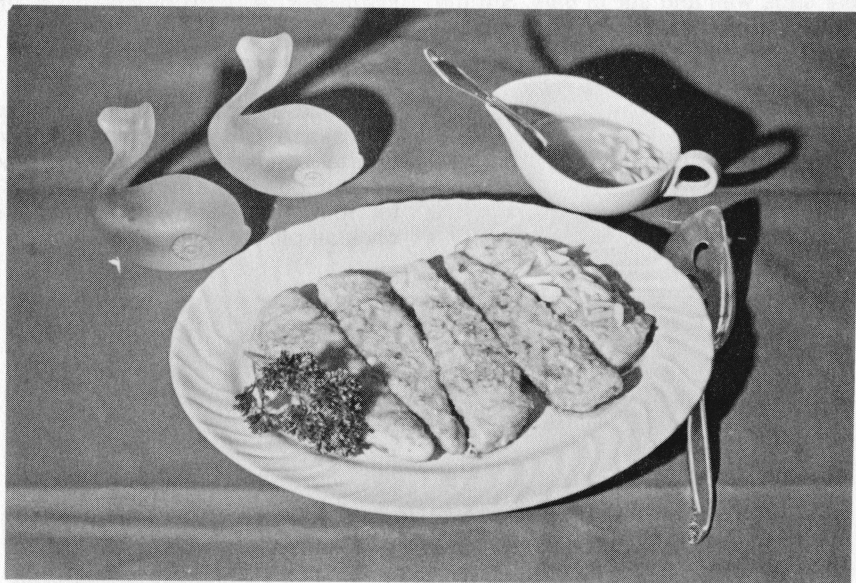
butter drippings, blend thoroughly and pour over paddlefish. Garnish with parsley flakes or fresh parsley and serve at once with Amandine Sauce.

### **Amandine Sauce**

½ c. butter  
½ c. slivered almonds  
1 tbsp. lemon juice  
2 tbsp. white cooking wine  
¼ tsp. salt  
Dash of black pepper

Melt butter in a small sauce pan. Add almonds and saute over low heat to a delicate golden brown color. Then add remaining ingredients and shake pan over heat for two minutes. Serve with fried fish.

**Variation:** Toast almonds before adding to melted butter. Do not saute. Add remaining ingredients, blend and heat carefully.



**Royal Pan-fried Paddlefish with Amandine Sauce**



*Paddlefish chunks are good when fried in deep hot fat. If frozen fish is used, it is better to partially thaw for even cooking.*

### **Fried Paddlefish in Batter**

6 servings

2 pounds paddlefish pieces  
1/2 tsp. salt

Cut paddlefish pieces into uniform size, not thicker than half an inch. If too thick, make 3 or 4 slits in the sides. Sprinkle fish with salt and dip into batter (recipe below). Fry in hot fat at 375°F (190 C) until golden brown, turning once. This will take about 7 minutes. Drain on absorbent paper. Serve plain, with a favorite sauce or Drawn Butter Sauce.

#### **Batter**

1 1/2 c. all-purpose flour  
3 tsp. baking powder  
1 tsp. salt  
2 eggs  
1 c. milk

Beat eggs well and stir in milk. Sift dry ingredients together. Stir into egg mixture and beat until smooth.

### **Drawn Butter Sauce**

1 cup

4 tbsp. butter, divided  
2 tbsp. flour  
1/2 tsp. salt  
1/8 tsp. black pepper

1 tsp. lemon juice  
1 c. hot water or fish stock

Melt 2 tbsp. butter, add flour and seasoning, blend in hot water. Cook over medium heat until thick. Add lemon juice and stir in remaining butter in small bits until melted and blended. Serve warm.

### **Paddlefish Strips**

1 lb. paddlefish strips  
2 tbsp. flour  
1 egg  
2 tbsp. water  
1/4 tsp. salt  
Dash of black pepper  
Cracker crumbs

Cut white meat of paddlefish into strips 1/2 inch by 1 inch and 4-5 inches long. Roll in flour. Dip in egg, water, salt and pepper beaten together. Coat with cracker crumbs. Fry in deep fat until golden brown. Drain on paper towel.

### **Paddlefish Tidbits**

Spread prepared paddlefish strips with chili sauce. Cut each strip in half or quarters depending on size and place in a greased pan. Bake in hot oven 450°F (232 C) for 10 minutes. Serve as hot canape on cocktail picks.



**Paddlefish Strips and Paddlefish Tidbits**



**Baked Paddlefish with Rice**

### ***Baked Paddlefish with Rice***

4 servings

1½ lbs. fish fillets, cut into serving size pieces

Pour 1 c. lemon juice over the fish and allow to marinate an hour or more in the refrigerator, turning at least once. Drain and place fillets in a 1½ qt. casserole; cover with the following mixture:

¼ c. chopped onion  
¼ tsp. salt  
Dash of black pepper  
2 c. cooked rice, seasoned with chicken bouillon  
2 tbsp. lemon juice  
⅔ c. water

Bake in a moderate oven 350°F (177 C) for 45 minutes or until fish is tender. Cover with lid or foil during the first half of baking.

### ***Paddlefish Curry***

4-6 servings

2 lb. paddlefish  
3 tbsp. cooking oil

1 large onion, finely chopped (1 c.)  
1½ tsp. salt (divided)  
¼ tsp. turmeric (divided)  
½ tsp. garlic powder (divided)  
1 tsp. ginger powder  
1 tsp. curry powder  
¼ tsp. red pepper  
1 6 oz. can tomato sauce  
2 c. water  
2 tsp. lemon juice

Cut paddlefish into large (2 inch) pieces. Mix 1 teaspoon salt with half of turmeric and half the garlic powder. Lightly rub salt mixture on all fish pieces, sprinkle with lemon juice and set aside for half an hour.

Saute onion in oil until golden brown. To onion, add rest of turmeric and garlic powder, along with ginger, curry and red pepper. Stir for a half minute and add tomato sauce. Cover pan and cook over low heat for 7 minutes, stirring occasionally. Add the water and remainder of salt and bring to a boil. Add fish pieces, cover and simmer over low heat until done (20-30 minutes). Serve with cooked rice.

## **Paddlefish Casserole**

4 servings

- 2 c. cooked rice
- 2 c. flaked cooked paddlefish (canned paddlefish with tomato sauce)
- 1 c. milk
- Dash of black pepper
- 1 can cream of celery soup or cream of mushroom soup
- 1 c. fine bread crumbs
- 3 tbsp. melted butter

Layer cooked rice in a 2 qt. buttered casserole, then add the flaked paddlefish. Sprinkle a little pepper over fish. Blend milk and soup, pour over fish and rice. Top with buttered crumbs (blend bread crumbs with melted butter). Bake in a 375°F (190 C) oven for 25 to 30 minutes or until crumbs are golden brown.

**Variation:** This is a basic recipe. Cooked commercial egg noodles, whole grain flour noodles or cooked whole grain cereal may be used as the base. Plain canned paddlefish may be used, or use one of the

seasoned canned products such as the Tomato Cocktail or Barbecue Sauce.

## **Paddlefish Pie**

6 servings

- 1 pt. canned paddlefish (2 c. flaked cooked paddlefish)
- ½ c. soft bread crumbs
- 1 tsp. finely chopped onion
- ¼ tsp. salt
- ½ tsp. garlic salt
- 1 tsp. lemon juice
- 1 tbsp. chopped parsley
- 2 eggs, slightly beaten
- 1 c. liquid (liquid from canned paddlefish plus milk to make volume)

Drain paddlefish and save liquid. Flake fish. Add bread crumbs, onion, salt, garlic salt, lemon juice and parsley. Add eggs and mix well. Combine liquid with fish mixture. Bake in greased and crumbed 8-inch pie pan for 45 minutes in moderate oven 350°F (177 C).



**Paddlefish Pie**

# Hints and Helps

## Abbreviations

c. - cup  
tbsp. - tablespoon  
tsp. - teaspoon  
lb. - pound  
pt. - pint

## Baking temperatures

moderate temperature	350°F	177 C
	375°F	190 C
high heat	450°F	232 C

**Butter and crumb** (dry bread or cracker) casserole or pan before pouring in fish product recipe. The product will come out easier, such as paddlefish pie.

**Chopped** - to cut into small pieces in a random manner.

**Four cups** of cooked flaked fish is equal to one pound. One pint canned fish yields 1¾ c. flaked fish.

**Minced** - to cut or chop into very small pieces.

**Saute** - to fry in shallow fat until light brown.

## Seasoned flour

½ c. all-purpose flour  
1 tsp. salt  
½ tsp. black pepper

Mix together. Use as directed for dusting fish.

**Small pieces** - may be cubes, not over 1 inch thick or slices of 1 inch wide, ½ inch thick and 2 inches long, but not so thick that the pickling solution cannot penetrate to the center of the piece. Small bite size pieces break up and become crumbs.

## Suggested amounts of fish needed per serving:

Whole fish (not yet cleaned) allow ¾ pound per person  
Dressed fish (ready for pan) allow ½ pound per person  
Fillet of steaks ⅓ pound per person



# Contents

<b>Introduction</b> .....	3
<b>Cleaning and Cooking Procedures</b> .....	4
<b>Canning Methods</b> .....	7
Canned Paddlefish with Barbecue Sauce .....	8
Canned Paddlefish with Tomato Cocktail Sauce .....	8
Canned Paddlefish with Tomato Sauce .....	7
Plain Canned Paddlefish .....	7
Spiced Paddlefish .....	8
Tuna Style Canned Paddlefish .....	7
<b>Pickled Paddlefish</b> .....	8
Pickled Paddlefish - Cooked .....	9
Pickled Paddlefish - Raw .....	8
<b>Recipes for Fresh, Frozen or Canned Paddlefish</b> .....	11
Baked Paddlefish with Milk .....	15
Baked Paddlefish with Rice .....	9
Baked Paddlefish Squares .....	11
Boiled Paddlefish .....	10
Browned Paddlefish Supreme .....	14
Fried Paddlefish in Batter .....	16
Paddlefish Casserole .....	15
Paddlefish Curry .....	16
Paddlefish Pie .....	11
Paddlefish Poached in Milk .....	14
Paddlefish Strips .....	14
Paddlefish Tidbits .....	12
Poached or Steamed Paddlefish .....	13
Royal Pan-fried Paddlefish .....	12
Steamed Paddlefish .....	13
<b>Sauces</b> .....	13
Amandine Sauce .....	14
Drawn Butter Sauce .....	12
Easy Hollandaise Sauce .....	11
Lemon Butter Sauce .....	8
Spiced Vinegar Sauce .....	
<b>Miscellaneous</b> .....	14
Batter .....	17
Hints and Helps .....	

Published in accordance with an Act passed in 1881 by the 14th Legislative Assembly, Dakota Territory, establishing the Dakota Agricultural College and with the Act of re-organization passed in 1887 by the 17th Legislative Assembly, which established the Agricultural Experiment Station at South Dakota State University.  
3,000 printed at an estimated cost of 25 cents each—10-77gly—585A