



Baked Walleye

BY EUGENE JEONG

You will need:

- 2 walleye fillets, 4 ounces (120g) each
- 2 garlic cloves, minced
- 1 tbsp (15 ml) butter, melted
- 1 tsp (5 ml) pepper
- 1 tsp (5 ml) basil or oregano or thyme, dried or 1 tbsp (15 ml) fresh
- Zest of one lemon

Method:

1. Preheat oven to 400°F.
2. Mix melted butter, minced garlic, pepper, herbs and lemon zest.
3. Pour the mixture over the fillets.
4. Bake 15 minutes or until the fish is opaque.

Steps to fillet the fish:

- Cut behind the front fin towards the backbone.
- Once you hit the backbone, turn your knife towards the tail.
 - Cut straight down the backbone to the tail.
- To remove the ribcage on the fillet, place your knife at the edge of the rib cage and slice about 1 inch deep.
- Slice down 1/8th of an inch on the other side of the ribcage, remove the ribcage.
- Remove any other bones.