

Captain Frank's Fish Boil – (Poor Man's Lobster)

Red (new) Potatoes (cut a small slice from each end to enhance flavor) 2-4 per person depending on size
Small Yellow Onions (peeled with a small slice removed from each end – 2 per person)
Carrots (a 1# bag or so)
Salmon, Trout, or Whitefish (Skinned or Scaled if leaving skin on) - chunked -2-3" pieces (or larger if you like). I like to fillet the bones out.
Canning/Pickling Salt
Spices (optional)
Butter
Lemons

Small servings can be boiled in a stove top pot. For larger gatherings use a 30 quart propane turkey fryer. For family sized meal 1 gallon of water is sufficient – use more for larger gatherings.

Add ½ cup of canning salt per gallon of water and bring to a rapid boil. You can enhance the flavor of your fish boil with celery, garlic cloves, sea food seasoning, bay leaves, peppercorns or other spices/herbs if you like – I prefer to use only the salt.

After adding the ingredients, begin timing after the water returns to a boil.

Add the potatoes and boil for 12 minutes.

Add the onions and boil for 6 minutes.

Add the fish and boil for 5-10 minutes – until it is flaky, but not falling apart.

It's done!

The fish is much easier to handle if you use a deep fryer basket – otherwise use something like an ice fishing skimmer to remove everything from the hot water. For stove top pots just pour everything into a colander and drain. Add lots of melted butter to the whole mess or heat up the butter separately and let everyone use it to suit their own taste. Goes great with corn on the cob, cole slaw, hard rolls or dark bread and lemon. Don't forget a cold beer.

If you have enough room you can add the corn on the cob right in with the fish boil ingredients, otherwise just boil the corn for 5-10 minutes in a separate pot.

In Door County, Wisconsin the fish boil is generally followed by a slice of Cherry Pie – that's if you still have room for it.

Enjoy!

www.fishwildthing.com/recipes.html