

Walleye Parmesan

Walleye

Historically, walleye was an important recreational fishery. But by the early 1960s, it was nearly overfished and its population hurt by invading exotic species and poor water quality. However, improved water quality and the economic successes of salmonid stocking led to an interest in walleye culture. According to Joseph K. Buttner, currently at Salem State College in Massachusetts and formerly a Sea Grant researcher at the State University of New York College at Brockport, walleye is an important recreational fish that has substantial aquaculture potential. Demand for fingerling walleye used in stocking farm ponds and other waters exceeds the available supply. Walleye are perhaps the most popular food fish in the north central United States and Canada. To provide walleye at the numbers of sizes desired, it is essential to develop effective and economical culture practices.

—Barbara A. Branca

Ingredients

3 lbs. walleye
1 cup sour cream
1/4 cup butter
1/4 teaspoon cajun seasoning (optional)
1/2 cup grated Parmesan cheese
1/2 teaspoon salt
1/4 teaspoon pepper

Method

Place walleye in shallow pan. Combine all other ingredients in large bowl and blend well. Spread mixture over fish so it is completely covered. Bake in a 350 degree oven for 30 minutes or until brown. Serves 6 to 8

Lori Dickerson of the Southtowns Walleye Association of Western New York, Inc. modified an old cookbook recipe by adding a little cajun snap saying that friends enjoy this recipe as an alternative to basic walleye "fish fry."

Anglers who catch their own walleye should be aware that the general health advisory in NY for sportfish is to eat no more than one meal (one-half pound) per week of fish from the state's freshwaters. More restrictive advisories may exist for some freshwater lakes or rivers. The NYS Dept. of Health (DOH) updates advisories annually. The advisory is available from DOH on the internet at <<http://www.health.state.ny.us>>.



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