

## **Northern Pike Recipes**

**from North Dakota Game and Fish Department**

### **Canned Pike**

1 Tbsp. lemon juice  
1 Tbsp. ketchup  
1 Tbsp. oil (optional)  
1/2 tsp salt

Put fish in pint jars, put ingredients on top of fish.

Process at 11 lbs for 100 minutes.

I prefer to debone fish and clean all 'red' meat off fillets, however bones may be left in since they will become soft under canning pressure.

### **Pike Chowder**

2 cups diced northern pike – 1' chunk sprinkled with seafood seasoning

Melt 4 T butter

Add 1 chopped onion

3-4 diced potatoes

1 stick celery

Carrots

Cook potatoes and carrots until done

Add 1 can evaporated milk

Add 1 can cream of celery soup

Add fish

Add can of whole corn (drained)

Simmer 20 minutes until fish is flakey, season to taste.

### **Fish Tacos**

First meal, cut de-boned pike in to fish sticks, bread and deep fry.

Second meal use trimmings and odd shaped pieces from first meal.

Re-heat in pan with olive oil and dill weed.

Break fish apart into flakes and stir in freshly chopped cilantro to taste.

Serve in heated taco shells with regular add-ons (onions, diced tomato, olives, sour cream, etc.) and Spanish rice.

### **Pike Dip - Recipe 1**

- 1 pint canned boneless pike
- 1 (8 oz.) pack of cream cheese
- 1 tsp of liquid smoke
- 2 Tbsp. prepared horseradish
- 1 Tbsp. soy sauce

Squeeze as much water out of the fish as you can, I just empty the water out of the jars and use a spoon to push it down while tilting it into the sink, gets a little more liquid out. Throw everything into a kitchen aid mixer and let it mix at low speed for a few minutes. Serve cold with multi-grain crackers or something similar.

### **Pike Dip - Recipe 2**

Do your best to get the pike fillets boneless before you begin.

1. Boil pike fillets in chicken stock until cooked and easily flakes apart (save a little of the chicken stock for later). Let fillets cool in the fridge for a bit. I usually use 1-2 pounds of meat. Can use more but will need to adjust amount of veggies, mayo, seasonings, and cheese.
2. Meanwhile FINELY chop up your favorite veggies. The smaller the better. I use green onion, black olives, green pepper, and green olives with pimentos.
3. Take cooked fillets out of fridge and shred apart, remove any remaining bones.
4. Add shredded pike meat to the finely chopped veggies and add just enough mayonnaise/miracle whip to coat all of the fish, do not need that much. I also add a little bit of the chicken stock to thin out the mayo. Again amounts will vary for the amount of dip you make.
5. Add some finely shredded cheddar cheese and your favorite seasoning. I use Tony's creole and some Old Bay.
6. Mix together well and put in fridge, best if it sits overnight.
7. Serve with crackers and enjoy, it is addicting.

You can play with the amounts for your taste I tend to like lots of veggies and like it spicy so I add quite a bit of creole seasoning.

## **Shrimp and Black Bean Soup with Pike**

2 medium onions, chopped

4 cloves garlic, minced

1 can whole tomatoes

3 1/2 cans of reduced-sodium fat-free chicken broth

2 15 oz. cans black beans, drained

1 t ground cumin

1 t dried oregano leaves

1 t dried thyme leaves

1 bay leaf

1 pound peeled, deveined raw shrimp, about size 40 cut in two pieces

1 pound baked pike

Vegetable cooking spray or butter

Salt and pepper to taste

Lemon pepper

Preheat oven to 350 degrees, bake pike on sprayed cookie pan, season with lemon pepper, cook till firm. Spray large saucepan with cooking spray; heat over medium heat until hot.

Add one tablespoon of butter sauté onions and garlic until tender, about five minutes.

Process onion mixture, tomatoes, and one can chicken broth until smooth; return to

saucepan. Add remaining 2 cans broth, black beans and herbs to saucepan; heat to boiling.

Reduce heat and simmer, uncovered, 10 minutes, adding shrimp and crumbled pike during last 5 minutes. Discard bay leaf and season with salt and pepper.

### **Cedar Planked Pike**

Soak a cedar plank for at least 1 hour or longer until the wood becomes saturated. Keep plank in water until ready for use.

Pike Fillets (Rub quantities should make enough for 2 decent size fillets), 2-3 fresh sprigs of rosemary

Rub:

1/2 Tbsp. smoked paprika

1/4 tsp cayenne

2 tsp garlic powder

1 tsp onion powder

1/4 tsp cumin

1/4 tsp ground coriander

2 Tbsp. brown sugar

1 tsp salt

1 tsp fresh ground black pepper

Mix rub ingredients thoroughly. Apply to fish. Set aside. Heat your grill to 350 degrees (better with charcoal than with gas but both work, you can also use your oven just be careful the wood plank will smoke). Place rosemary on soaked plank on grill for 5 minutes prior to putting fish on it. Place fish on plank overtop the rosemary and cook until tender. Do not flip fish. Serve on plank.

### **Poor Man's Lobster**

2 1/2 cups white wine

1 small onion

4 lemon slices

1 tsp salt

1/8 tsp peppercorns

1 small bay leaf

1.5 pounds fish (3/4 inch thick)

Boil 4-5 minutes until fish turns snow white. Serve with melted butter and fresh lemon wedge

## **Pickled Recipe 1**

Phase 1: (I make mine in gallon batches usually. Just up the quantities as you up the amount of fish).

1 quart fish cut into bite size pieces

1/2 cup pickling salt

Cover with white vinegar. Let stand in fridge for 6 days. Agitate once in a while to ensure fish is covered and brining well.

Phase 2:

Wash fish in cold water to remove the 1st brine.

Mix 2 parts white vinegar to 1 part sugar.

Add 1 Tbsp. pickling spice to each quart jar.

Add however much sliced onion you like. Generally 1 large onion will be plenty for a gallon.

Layer in quart or gallon jar. Cover with the brine solution.

Refrigerate. Fish should be ready in a week.

If you want to spice things up a bit... things I have added include crushed red pepper flakes/seeds (surprisingly, packets you can get from pizza places work great. Season to your preferred spiciness.) garlic cloves, mustard seed, and horseradish are others I am toying with. To keep the pickling spice off of the fish I will wrap it in cheesecloth so it is like a teabag. Hot red peppers or jalapenos can be cut in half and put in as well for pretty good kick. Horseradish I have cleaned and put the entire root into the final brine. Best to find fresh horseradish. I happen to know where there is wild horseradish growing in the Nettie area. One I haven't tried yet is tabasco sauce. Not sure if it will change the pH of the brine. The basic recipe above is mostly what I make. Turns out pretty good in my opinion and most people enjoy it.

Note: These are not sealed jars and should be kept in the fridge at all times. I will boil my jars and fill as soon as they come out of the water bath. Once lids are on the cooling effect seemingly helps seal them.

## **Pickled Pike Recipe 2**

1/2 gallon of fish (I prefer to de-bone, take the lateral line off, and remove all 'red' meat from fillets)

Cut fish into bite size chunks

4 cups water + 1 cup salt

Soak for 48 hours

Drain and rinse in cold water and cover with white vinegar for 24 hours, drain.

Brine

Onions

2 t peppercorns

2 T minced garlic

3 T lemon juice

2 cups white vinegar

1 1/2 cups sugar

4+ bay leaves

5 whole cloves (more is better)

1 T All spice whole

Combine and soak for 10 days. Option – add a jalapeno to spice it up a bit. For a double batch of fish, triple the brine.

## **Pickled Pike Recipe 3**

Steps:

1. Cut pike fillets or Y-bone strips into 1" cubes
2. Pack fish cubes into 1 quart jars
3. Add 1/2 cup pickling salt to each jar
4. Fill each jar to the top with white vinegar, cap jars, and store in refrigerator
5. For 7 days, tip the jars twice a day to mix the salt
6. After 7 days, drain the fish from the jars
7. Let fish stand in fresh cold water for 2 hours (ice can be added to water)
8. After 2 hours drain fish
9. Heat (do not boil) 1 cup white sugar and 1 cup white vinegar and let mixture fully cool to room temperature
10. Add fish, chopped onions, and pickling spice to each quart jar and fill with cooled brine mixture
11. Let jars sit an additional 7 days in the refrigerator before eating (pickled fish will keep for at least one month in the refrigerator)

\*I like use this recipe for the Y-bone strips I take out of those 5-7lb (28-32') pike, since I have hard time just throwing all that meat away. For pike larger than 8lbs the bones do not dissolve like on the smaller fish.