

Rotary



***GUNNISON
ROTARY CLUB
FISHING
TOURNAMENT
FAVORITE
RECIPES***



20 FAVORITE SEAFOOD RECIPES



ASSEMBLED FOR THE 2026 GUNNISON
ROTARY CLUB FISHING TOURNAMANT

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SPECIAL THANKS:
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COD FISH CAKES

(Marjorie Standish Seafood Down East Recipes)

Ingredients:

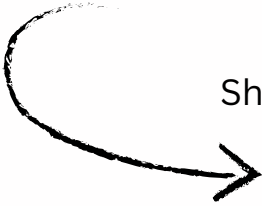
1 lb salt codfish

4-5 medium potatoes-
peeled and sliced ½” thick

¼ t pepper

1 egg

Shortening for frying



Instructions:

Soak the codfish overnight in water to cover.

Next morning, drain, add potatoes,
and 1 cup cold water.

Bring to a boil and cook till
potatoes are done, about 15 minutes.

Drain; return to saucepan.

Mash fish and potatoes together;
add egg and pepper and beat with a fork.

With a tablespoon, scoop and shape into cakes.

Place in a cool spot till ready to fry.

Melt the shortening; when it's hot,
fry the fish till crusty and golden on each side,
turning once.

SHEET-PAN FISH & CHIPS

(Delish Test Kitchen) Serves 4

Ingredients:

1 ½ lb cod cut into 1" strips
2 ½ cup panko breadcrumbs
1/3 cup + 2 T oil, divided
Kosher salt
1 28-oz bag frozen steak-cut fries
1 large egg
½ cup mayonnaise
¼ t paprika
¼ t freshly ground pepper
Tartar sauce and malt vinegar, for serving



Instructions:

Arrange racks in upper and in lower thirds of oven; preheat to 450.
Mix panko, 1/3 cup oil, and ½ t salt
Spread evenly over a large (8" x 11") parchment-lined baking sheet;
reserve bowl.
Bake panko for 3 minutes, then stir, redistributing the crumbs.
Bake 3 minutes more.
Stir panko again and bake till golden brown, 1-2 minutes more.
Using parchment as a funnel, return panko mixture to the reserved bowl.
Reline your (hot) baking sheet with foil.
Arrange fries in a single layer on the foil.
Bake fries on the bottom rack for 20 minutes.
Meanwhile, in a shallow bowl, whisk egg, mayo, paprika and pepper.
Season fish all over with 1 t salt.
Dip a piece of fish into the egg mixture till coated,
transfer to bowl with panko, turning and pressing to adhere.
Arrange on another foil-lined baking sheet.
Repeat for all pieces of fish.
Remove the fries from the oven.
Drizzle with remaining 2 T oil, toss to coat, arrange in a single layer.
Bake fries on top rack and fish on bottom rack till fries are
golden and crisp and fish is flaky and cooked through,
10-20 minutes depending on thickness of fish.
Divide fish and chips among the plates,
serve with tartar sauce and vinegar to pass.

BAKED HALIBUT

(Marjorie Standish Seafood Down East Recipes)

Ingredients:

1 ½ lb halibut steak

¾ t salt

Dash of pepper

1 T butter

1 T flour

1 cup boiling water

2 t lemon juice

1 T mustard

½ cup dried bread crumbs

1 T butter



Instructions:

Preheat oven to 350.

Place halibut in a shallow baking pan.

Sprinkle with salt and pepper.

Sauce:

Melt butter, add flour, mustard, lemon juice
and boiling water

Cook till thickened over low heat, stirring constantly.

Cover fish with the sauce.

Melt remaining butter, mix with bread crumbs,
cover fish evenly.

Bake for 40 minutes.

SWEET & SOUR HALIBUT

(Fugarwe Cookbook)

Ingredients:

2 lb halibut, cut in 1" cubes
oil for frying

Marinade:

2 T white wine
¼ cup soy sauce
1 T sesame oil
1 t minced ginger
2 cloves garlic, minced

Batter:

1 egg
1/4 cup cornstarch

To be stir fried:

½ cup green pepper, diced
½ cup carrots, diced
¼ cup bamboo shoots
½ cup pineapple chunks
½ cup onion, diced
¼ t salt

Sweet and sour sauce as desired

Instructions:

Mix marinade ingredients; pour over fish. Let stand ½ hour.

Mix egg and cornstarch.

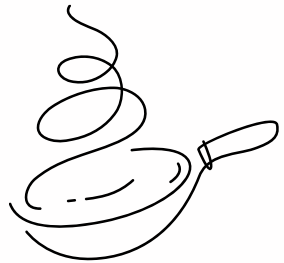
Drain fish and dip in egg-cornstarch batter.

Deep fry the fish in hot oil till golden.

In a wok, heat 2 T oil and stir-fry vegetables through till
veggies are tender but not limp.

Add the fish and the sauce along with pineapple; heat.

Serve over rice.



GREEN CURRY SALMON

(Gimme Some Oven) 4 servings

Ingredients:

4 salmon fillets
2 T olive oil, divided
Sea salt, freshly ground black pepper
1 red onion, peeled, thinly sliced
8 oz baby bok choy, roughly chopped
(keep light green stalks and dark green leaves separated)
3 cloves garlic, minced
1 T minced fresh ginger
1-2 T green curry paste
1 15-oz can full-fat coconut milk
Zest and juice of 1 large lime
Chopped fresh cilantro, extra lime wedges for topping

Instructions:

Preheat oven to 450. Line a baking sheet with parchment or foil.

Place the salmon on the parchment, brush with oil, sprinkle with salt and pepper.

Bake till internal temperature of the fish reaches 135-140, about 4-6 minutes per half-inch of thickness (measured by the thickest part of the fillet.)

(You can also test for doneness by inserting a fork or knife in the salmon and twisting a bit; it should be opaque and flake easily.)

Remove from the oven and set aside.

While the oven is heating for the salmon, heat the remaining 1 T olive oil in a large saute pan over medium-high heat.

Add onion; saute for 4 minutes, stirring occasionally.

Add the light green parts of the bok choy, garlic and ginger and saute for 2 minutes, stirring often.

Add in the green curry paste and saute for another 1 minute, stirring often.

Now add in the coconut milk, stirring till the curry paste is evenly dissolved.

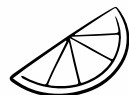
Continue cooking till sauce nearly simmers, then reduce heat to low.

Stir in the dark green bok choy leaves and lime juice, till combined.

Add salt, pepper, and/or extra lime juice, to taste.

Serve:

the salmon, veggies and sauce over rice, garnished with lots of fresh cilantro and an extra lime wedge.



FIRECRACKER SALMON

(Jo Cooks) 4 servings

Ingredients:

1 ½ lb salmon fillet, no skin
2 sliced green onions

Marinade:

3 cloves minced garlic
1 t minced fresh ginger
¼ cup olive oil

¼ cup soy sauce (low sodium)
2 T brown sugar
1 t crushed red pepper flakes
1 T Sriracha sauce

(more or less depending on how spicy you wish)

1 t ground black pepper



Instructions:

Whisk the marinade ingredients together till well combined.

Put the salmon in a baking dish,
skin side down if it has skin, and pour the marinade over.

Rub the marinade all over the fish making sure to
fully cover both sides of the fish.

Cover the baking dish with plastic wrap and
refrigerate for 2-24 hours.

(The longer you marinate, the more intense/layered the flavor.)

Preheat the oven to 375.

Remove the plastic wrap; place the salmon in its baking dish,
with the marinade, in the oven and bake 15-20 minutes

(varies depending on size and thickness of the
fillet, so check at 15 minutes and go from there).

Serve:

Garnish the fish with the green onions.

Ideal with steamed rice and/or a side of
steamed veggies like broccoli and cauliflower.

BAKED SALMON

(Fugarwe Cookbook)

Ingredients:

6-7 lb salmon, beheaded and cleaned
1 medium onion, chopped
4 oz. butter
5 mushrooms, sliced
Salt and pepper to taste
½ t thyme
3 T parsley, chopped
2 cups bread, cubed
½ lb shrimp or crab, cooked
2 egg yolks, beaten
6 strips bacon
1 ½ cup dry red wine
1 T Flour (or more as needed)



Instructions:

Preheat oven to 475.

Saute onions in butter.

Add mushrooms, salt, pepper, thyme, parsley.

Mix with bread and crab (or shrimp)

Bind with egg yolk and enough wine to moisten.

Stuff the fish.

Skewer closed.

Slash the sides and strip with bacon;

dot with butter, salt and pepper.

Add the rest of the wine to the pan.

Bake for 10 minutes.

Reduce heat to 350 and cook 10 minutes per pound

for the first 4 pounds, and 5 minutes

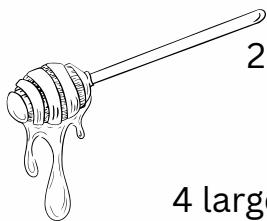
per pound for each additional pound.

Baste with pan drippings adding more wine if necessary.

When the fish is done, thicken the pan droppings with flour
and create a sauce to serve with the fish.

HONEY GARLIC BUTTER SALMON

(Cafedelites.com) 8 servings



Ingredients:

- 2 ½ lb salmon fillets
- ¼ cup butter
- 1/3 cup honey
- 4 large garlic cloves, crushed
- 2 T fresh lemon juice
- Pinch salt to taste
- Pinch pepper to taste
- 4-5 lemon slices
- 2 T chopped parsley



Instructions :

Preheat oven to 375.

Line a baking sheet with a large sheet of foil (must be long enough to wrap and seal the salmon).

In a small saucepan over low-medium heat, melt the butter.

Stir in honey, garlic and lemon juice.

Whisk till smooth, then remove from heat.

Place salmon fillets skin-side down on the foil-lined tray.

Pat dry.

Pour honey-garlic butter evenly over the salmon, using a spoon to spread it over the surface.

Season with salt and pepper, then top with lemon slides.

Fold the foil over the salmon;

crimp the edges to seal into a packet.

Bake 15-18 minutes

depending on the thickness of the fillet.

LOUISIANA BARBEQUED SHRIMP

4 servings

Ingredients:

2 lb unpeeled shrimp

1 cup unsalted butter

1 cup zesty Italian dressing
(*recommend Good Seasons*)

2 T lemon juice

1 t ground black pepper

¼ t or more garlic powder

Tabasco to taste to add pop of Louisiana heat
(*or Tony Chachere's Seasoning*)

Instructions:

Preheat oven to 350.

Wash shrimp and drain well.

Melt butter in a casserole dish.

Add salad dressing, lemon juice, black pepper and
garlic powder.

Add shrimp to the casserole dish.

Stir gently to cover the shrimp with the mixture.

Cover and bake, stirring occasionally
for 25 to 30 minutes or until shrimp are pink.

Serve:

Serve the shrimp hot on a large platter.
Place the sauce in individual bowls or a
communal bowl -

to easily dunk bread in the sauce!

Eat the shrimp with your hands!

(*It's messy but fun!*)

Serve with lots of crusty bread
and a crisp salad.



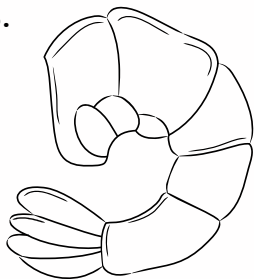
GRILLED BASIL SHRIMP ON SKEWERS

Ingredients:

3 lb raw shrimp, peeled
2 ½ T olive oil
¼ cup butter, melted
1 ½ lemons, juiced
3 T Dijon mustard
½ cup minced fresh basil leaves
3 cloves garlic, minced
Salt & pepper to taste

Instructions:

In a shallow non-porous dish,
mix olive oil and melted butter.
Stir in lemon juice, mustard, basil,
garlic, salt and pepper.
Add shrimp, toss to coat.
Cover, refrigerate 1 hour.
Preheat grill to high.
Discard marinade.
Thread shrimp onto skewers.
Oil the grill grate,
arrange skewers on grill,
cook shrimp for 4 minutes
turning once or till opaque.



SHRIMP WITH SNOW PEAS

2 servings

Ingredients:

1 lb raw shrimp, peeled
3 T butter
1 apple, peeled and sliced
1 T sugar
¼ cup onion, minced
3/8 cup vermouth
1/3 cup mustard
3/8 cup cream (or crème fraiche)
Good handful of fresh snow peas

Instructions:

Cook snow peas for 3 minutes;
plunge into ice water.

Drain and pat with paper towel to dry.

Saute apple in 1/3 of the butter for 5 minutes;
sprinkle with sugar
and raise heat to brown the apple.

Remove.

In the same skillet, melt the rest of the butter
and saute the onion.

Add the shrimp and saute for 3 minutes till pink.

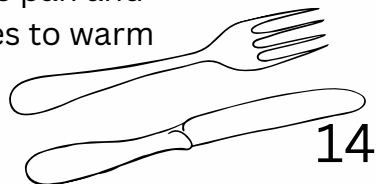
Remove.

Add vermouth to pan, and reduce by two-thirds.

Add mustard and cream; reduce slightly.

Add snow peas.

Return everything to the pan and
simmer about 1-2 minutes to warm
it all through.



SHRIMP CLEMENCEAU

Ingredients

(in any amounts that appeal to you)

Shrimp, raw and peeled

Mushrooms

Shallots

Diced potatoes

Green peas

Diced cooked ham

Instructions:

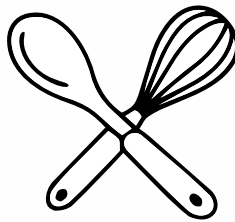
Saute the shrimp.

Saute the mushrooms and shallots.

Fry the diced potatoes till as crisp as you like.

Cook the peas.

Add everything together, warm through.



*show off your culinary experssion
with this recipe!*

MAINE SHRIMP CASSEROLE

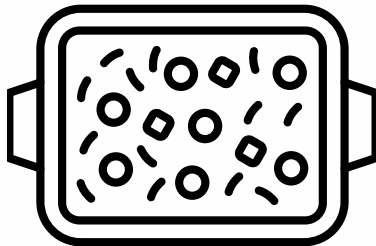
(Marjorie Standish Seafood Down East Recipes) Serves 4

Ingredients:

2 cups cooked shrimp
8 slices of bread, buttered and cubed
½ lb shredded sharp cheese
3 beaten eggs
2 ½ cup whole milk
OR 1 can cream of celery soup
½ t salt, pepper to taste

Instructions:

Preheat oven to 325.
In a buttered casserole,
alternate layers of bread, cheese and shrimp
(starting with bread).
Beat eggs, add milk, salt and pepper, mix well.
Pour over the casserole.
Bake for 1 hour.



SMOKED TROUT DIP

(The Defined Dish)

Ingredients:

Four 2.8 oz cans smoked rainbow trout

½ cup thinly diced celery

2 finely sliced green onions

2 minced garlic cloves

1 t Dijon mustard

3 T crème fraiche

3 T mayonnaise

½+ t black pepper

Salt to taste

Green tabasco and crackers for serving

Instructions:

Break up the trout with the back of a spoon
till it's flaky and broken apart.

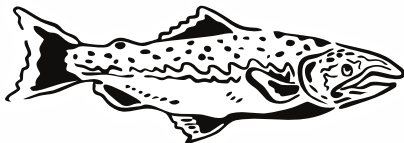
Add everything else till it's well-combined,
using the salt and pepper to taste.

Cover and refrigerate
for 30 minutes-3 hours (ideally, 3 hours).

Serve:

with crackers and green tabasco sauce.

Keeps well in the fridge for up to 4 days.



TROUT, KOKANEE OR PERCH WITH CHEESE SAUCE

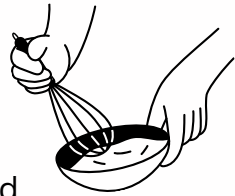
Ingredients:

Your fish
Egg, beaten
Crispy fried chicken batter

White sauce

The amounts below will make 1 cup

Flour – 2 T
Butter – 2 T
Salt and pepper
Milk -1 cup
Cheddar cheese, shredded



Instructions:

Make a white sauce

Melt the butter

Whisk in the flour

Whisk in the milk, pouring it in a little at a time

Add salt and pepper to taste

Add cheddar cheese to the white sauce –

as cheesy as you like! –

whisking to avoid lumps

Dip the fish in egg

Cover it in the fried chicken batter,

brushing off excess

Fry the fish

Serve with cheese sauce

TROUT, KOKANEE OR PERCH WITH ONION TOPPING

Ingredients:

Your fish

Butter

Garlic powder

Durkee fried onions

Parmesan cheese

Instructions:

Bake your fish as you usually would

Top with butter, parmesan,
garlic powder and onions.

Bake until golden brown and bubbling!



LEMON BUTTER TROUT

(Delish Test Kitchen) Serves 2-4

Ingredients:

- 4 (6-8 oz) skin-on trout fillets
- Kosher salt
- Freshly ground black pepper
- ¼ cup flour
- ¼ cup neutral oil
- 4 T unsalted butter, cubed
- 2 T fresh lemon juice
- 1 T chopped fresh parsley (plus more for serving)
- 1 lemon, cut into wedges



Instructions:

- Preheat oven to 170 (or its lowest warming setting).
- Place a wire rack on a baking sheet.
- Heat a large skillet over medium heat.
- Pat fish dry with paper towels;
- season both sides with salt and pepper.
- Place flour in a shallow dish.
- Dredge each fillet in flour, shaking off any excess.
- Pour oil into preheated skillet, heat till shimmering.
- Arrange 2 fillets skin side down,
- cook till golden brown and firm enough to flip, 2-3 minutes.
- Flip and continue to cook till golden brown,
- 2-3 minutes more. Transfer to prepared rack.
- Repeat with remaining fish.
- Transfer fish to over to keep warm.
- Discard remaining oil in skillet and wipe skillet.
- Then, over medium heat, cook butter in that skillet,
- stirring occasionally till solids start to brown and smell
- fragrant, 2-3 minutes.
- Remove from heat; stir parsley and lemon juice.
- Transfer fish to a platter;
- pour butter sauce over fish; top with parsley.
- Serve with lemon wedges alongside.

GRILLED TROUT

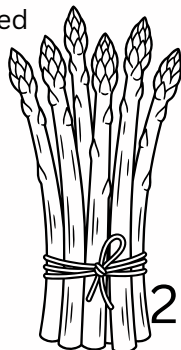
(Eric Ripert) 4 servings

Ingredients:

4 trout ($\frac{1}{2}$ - $\frac{3}{4}$ lb each), butterflied
Fine sea salt and pepper, to taste
 $\frac{1}{2}$ cup extra virgin olive oil
 $\frac{1}{2}$ t herbes de Provence
1 lb green asparagus, peeled and ends trimmed
 $\frac{1}{2}$ cup minced shallots
1 cup white wine
1 t white wine vinegar
 $\frac{1}{2}$ lb cold unsalted butter, cut into $\frac{1}{2}$ -inch pieces, plus $\frac{1}{2}$ T more
20 green seedless grapes, cut in half
 $\frac{1}{2}$ t fresh lemon juice

Instructions:

Preheat grill to medium high.
Season both sides of each fish with salt and pepper;
generously brush on olive oil.
Marinate a few minutes.
Mix $\frac{1}{4}$ cup olive oil with herbes to Provence;
toss with asparagus, season with salt and pepper.
Grill asparagus till tender (10-12 minutes).
Place shallots in a saucepan with wine and vinegar.
Bring to a boil over high heat;
then lower to a simmer and cook till almost all liquid is gone.
Whisk in $\frac{1}{2}$ pound of butter, a piece at a time,
keeping the sauce to a low simmer
(remove from heat as necessary to keep from getting too hot).
Season with salt and pepper.
Grill each trout, skin side down, for 3 minutes.
Turn; grill for 3 minutes more till it's just cooked
through and opaque.
Meanwhile, melt $\frac{1}{2}$ T butter over low heat,
and gently warm the grapes.
Add grapes and lemon juice to sauce;
season with salt and pepper.
Arrange trout and asparagus on plates;
spoon on the sauce.



PECAN-CRUSTED TROUT WITH BROWN BUTTER & SAGE SAUCE

(Associated Press) 4 servings

Ingredients:



For the trout:

- 4 trout fillets (7 oz each)
- 1 cup pecan halves, lightly toasted
- 1 cup dry bread crumbs (preferably panko)
- Salt and pepper to taste
- ½ cup buttermilk
- 2 T olive oil

For the sauce:

- 2 T butter
- 4 fresh sage leaves, chopped
- Juice of ½ lemon
- 5 T chicken broth

Instructions:

For the trout:

- Combine pecans and bread crumbs in food process; process to medium-fine consistency.
- Season fillets with salt and pepper.
- Brush flesh side of fillet with buttermilk.
- Press pecan mixture on top of buttermilk coating to make a thick crust.
- Heat oil in skillet over medium heat; cook fillets, crust side down, till goldenbrown, 4-5 minutes.

For the sauce:

- In same skillet you used for the trout, melt butter over medium heat till foamy.
- Just as the butter starts to turn brown, whisk in sage, lemon juice and broth.

Pour the sauce over the trout and serve.

BATTERED TROUT ALMONDINE

(Backpacker.com – Reel Fine Dining)

Ingredients:

1 cup flour

½ t salt

½ t pepper

1 pinch cinnamon

3 T slivered almonds, broken into pieces

2 lb medium trout

2 T butter

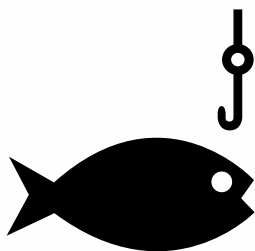
Instructions:

Combine the dry ingredients in a gallon-size zip-lock bag.

Toss the cleaned fish into the bag and shake.

Heat the butter over medium heat and lay the fish flesh-side down in the pan.

Fry fish till deeply browned, (about 5-8 minutes per trout), then turn and fry just long enough to brown the skin side.



MEDITERRANEAN PAN SEARED TROUT

(The Mediterranean Dish)

Ingredients:

1 ½ lb trout fillet
1 ½ t ground coriander
1 t paprika
1 t garlic powder
Salt & pepper to taste
About ½ cup flour
Extra virgin olive oil
Lime wedges for serving

Instructions:

Mix coriander, paprika and garlic powder.

Pat the trout dry.

Sprinkle fish with salt and pepper,
then season on both sides with the spice mix.

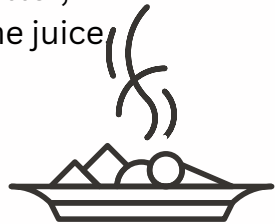
Coat the seasoned fish with flour,
shaking off excess – you only want a very thin
layer of flour.

Heat 3-4 T olive oil in a cast iron skillet till shimmering.

Sear the trout for 3 minutes on each side,
(starting with the skin-side down).

Remove the fish from the pan;
place it on a tray lined with paper towel
to absorb any excess oil.

Transfer to a serving platter;
finish with a squeeze of lime juice



ABOUT US

Rotary Club of Gunnison, founded in 1922, is part of a global network of volunteer leaders who dedicate their time and talent to tackle the world's most pressing humanitarian challenges. Rotary International connects 1.4 million members from more than 200 countries and geographical areas. Together our work impacts lives at both the local and international levels.

The Gunnison Rotary Club raises money for grants so that all children can have a meaningful summer or access to preschool, and scholarships for students looking for post high school education and training. We are committed to a vigorous program of service projects. *“Service Above Self”*

rotaryclubofgunnisonco.com

Our mailing address is:

Rotary Club of Gunnison

P.O. Box 1274

Gunnison, CO 81230

your
FAVORITE
seafood recipe!

Notes

Bon
appetit

