

Karalyn's Fish Dish Students

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Marie: You're listening to The Fish Dish, brought to you by Eat Wisconsin Fish, a campaign of the Wisconsin Sea Grant Program. Are you fish-curious? Or are you a fish expert who wants to learn even more about Wisconsin's fisheries and cooking fish? We'll give you the latest "dish" on fish.

Your hosts are . . .

Sharon: Sharon Moen

Marie: and Marie Zhuikov

Together: Two friends who have been working for Sea Grant seemingly forever and who know a thing or two about fish.

Marie: But that's "forever" in a good way.

Sharon: Sharon is a food-fish outreach coordinator.

Marie: and Marie is a science communicator.

In this episode, we visit with a class of food science and technology majors from the University of Wisconsin-River Falls. They cooked several recipes that are found on the Eat Wisconsin Fish website. They helped us perfect the dishes, plus the campus photographer snapped a few photos. We talked "fish" with the students, and we awarded a "best of show" prize for the dish that looked the tastiest and the "Eat Wisconsin Fishiest."

Sharon: I like that word, by the way. I think it's fun.

Laughter

Marie: For the Fish-o-Licious part of our show, Sharon and I cook the winning dish, which we're not going to reveal right now because that would be a spoiler.

Sharon: In episode 7 of The Fish Dish, Marie and I took a Lake Superior fish cooking class from Karalyn Littlefield in Grand Marais, Minnesota. The seed of an idea for this show was planted then during that class when Karalyn said she was willing to have her food product development students at UW-River Falls cook up some fish dishes for us.

That happened this spring when Karalyn's students cooked six recipes: Trout with sesame, garlic and ginger; whitefish with tomato basil compote; and then there was oven-fried perch fillets with tartar sauce; smoked lake whitefish rolls; vineyard trout; and fisherman's brunch.

Marie: The students divided up into teams, each taking a dish. Once they cooked the recipes, but before they could eat them, the UW-River Falls photographer, Pat Deninger, took photos. The most delicious-looking recipe photo is going to be published in the monthly newsletter of the Wisconsin Energy Cooperative. They feature recipes in each issue that they send to their customers, and contacted Sharon because they wanted to feature fish. Plus, Sharon had some fabulous prizes for the winning team. Sharon and I had the tough job of selecting our favorite food photo.

Let's meet the students. Sharon asked them if cooking all these fish recipes inspired them to eat more fish.

Matt Cody: I'd say that it really like showed different ways we could eat fish. Cuz like normally I think most of us maybe go into a fish fry or something to something like that. Don't really think about like anything other, just fried, breaded, eat it that way.

Female student: It's a lot easier than I thought it was gonna be.

Another student: Yes.

Sharon: That's good to hear because when I run around the communities asking about barriers to eating fish the fear of preparation is one of the barriers. So people tend to think it's much easier to cook a hamburger cuz we're all kind of like, oh, you just slap it on this side for a couple minutes, slap it on that side, and then they get a piece of fish and they're like, now what do I do with it? I'm glad that you agree that it's not hard to cook. I mean, it's pretty easy once you're familiar with how to handle it.

One of the other barriers that I think is interesting is people don't necessarily like their food to come with their heads on, so... so, if somebody hands you a fish, a whole fish and says, here have it, which is kind of what's happening at fish farms. When you farm fish, if you don't have a licensed kitchen to deal with it. And that would be like state licenses from the Department of Health and the Department of Agriculture, Trade and Consumer Protection. And license to handle seafood. You're not allowed to sell it dead. And that's what happens with a lot of our tilapia markets, is they must sell their fish live because they just don't have the right licenses to process and sell it.

Karalyn: And something that I found with fish too is that it does not need as long to cook as we think it does, and a lot of times it's overcooked. And then it's not so good.

Sharon: Thanks for mentioning that, Karalyn, because I talked about the top two barriers to cooking fish is like, oh, it has a head on it and I don't know what to do with that, or like, I don't know how to cook it. And the third is that fish is rather expensive compared to pork and beef and chicken. And so, people get it and they're afraid of it, and they don't know how to cook it well. So, they overcook it and then it tastes like leather.

All right, so winning recipe. And what you'll win is a Eat Wisconsin Fish apron plus fish spices that I will pick up from Bodin's Fisheries on the shores of Lake Superior. They catch whitefish.

So, drum roll . . .

Sound of a drum roll followed by a cymbal.

Sharon: Marie and I chose Morgan, Erin's and Bailey's Fisherman's Brunch picture as the one that we're going to send forward to get published in the Wisconsin Energy Association Magazine. Thank you for providing the picture. We thought it was amazing. What did you like about it, Marie?

Marie: I like the colors of the fruit, along with the tart or the pie. And, then the little fish on top of the pie crust. And the lighting's good on it.

Sharon: But it's, yeah. I guess I was curious, like it seemed like a lot of you added a top crust to it possibly. And what made you decide to do that?

Female student: I wanted to add the fish on top to make it look pretty.

Marie: I had a question about the fisherman's brunch. How did you get the fish to be a different color than the rest of the crust?

Student: Okay, so we used, the big main part was like puff pastry, and then we used just regular, like, bottom pie crust. And that's how I had cut it out. And I just glued it on with some like egg wash and I didn't think they were going to turn out to be different colors, but it just happened out like that.

Marie: Well that was good. It made it more noticeable.

Podcast listeners, you can find the photo we're discussing on the episode extras page on the Fish Dish website: seagrant.wisc.edu/audio/the-fish-dish.

Sharon: I must confess, I didn't look it up beforehand, but I kind of wanted to, I'm curious if anybody dove into, what's the difference between a pie and a tart? No, I didn't either, but I'm going to.

...And so, I did. I went to a couple of different sites. And I learned that tarts are generally more delicate and composed of a puffier pastry. And they only have one bottom crust. They are made in tart pans, which we used two of today. Tart pans are kind of straight up and down sides and have a bottom that pops out. And tarts are more decorative. Pies are considered more rustic ways to serve a thing in a pastry shell because you're cutting wedges out of a big pie, and oftentimes they have a top crust. So, kind of like more rustic. Tarts you kind of deliver...

Marie: More elegant....

Sharon: Yes, more elegant. If you want to be more toney you do a tart and tiny tarts are called tartlets and they're good for appetizers at parties and things like that.

Marie: And do the tart pans all have a wavy edge like yours have?

Sharon: Oooh, I think so. But I got my pans on the internet, and that's pretty much what I saw – the scalloped edges. So, anyway, they're similar and so I can see why people don't always distinguish between tarts and pies but if you're hanging around the foodies, that's what you should know!

Marie: You need know.

Sharon: Yes, you need to know, tarts are not pies.

Marie: Later on, the students shared their thoughts with us on paper, with some quotes that they had about the experience that they had cooking all those fish dishes, and we wanted to read a few to you.

Sharon: Right, and so my favorite quote was given to us by Matt Cody and he won some fish seasoning for his contribution. And Matt said, "The recipes were easy to follow and the dishes we made were the best fish I have ever had." And that just made me so happy to think that the Eat Wisconsin Fish website could have recipes that these students enjoyed so much.

And then, I really liked what Essie Whitehead had to say too. Essie's father was the one who provided fish for the class. So, that was really a generous donation and I appreciate what he was able to do to help the Eat Wisconsin Fish Initiative. And so, he also got some fish seasoning. And Essie said, "I enjoyed

learning a plethora of new recipes and techniques to cooking fish that can all be caught right here in Wisconsin.”

Marie: All right, and then I’ll read a couple more. This quote is from Anna Euerle: “It is easy to fry freshwater fish to be enjoyed, but I think you can gain so much more by thinking outside the box. This allows for more diversity in terms of how fish is consumed.” And the last one is from Rafael, and this is concerning the rainbow trout with sesame, garlic and ginger recipe. “Marinating with soy sauce was a nice touch to the fish before frying, it made for a umami aroma.” And you know, umami is the fifth taste sensation we have. There’s sweet, savory, salty, bitter. Umami kinda means complex or even just delicious.

Sharon: I know, I like just “deliciousness.”

Marie: Deliciousness – anyway, “It made for a umami aroma with the brown sugar and ginger.”

Sharon: Yeah, so I think this is a really fun and creative project that kind of shines a light on synergy and serendipity and, and how you can make something wonderful not only to eat, but also build connections with each other. So, I hope you kind of take some of these lessons forward with you.

Marie: We shared more inspiring words for students about their career paths. Then it was time for us to go.

Sharon: Well thanks Karalyn for being willing to do this with this class and thank you everybody in the class.

Students: Thanks so much. Take care.

Marie: Bye.

Karalyn: Thank you.

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Marie: Now it’s time for the Fish-o-Licious part of our podcast, where we discuss fish recipes which, by the way, you can find on the Eat Wisconsin Fish website (which is eatwisconsinfish.org). Today we’re cooking Fisherman’s Brunch, which is the recipe that Karalyn’s students made look so good.

Sound of a whisk scraping a metal bowl.

Marie: Sharon is making Fisherman’s Brunch recipe. She’s mixing up ingredients. Sharon, what’s in here?

Sharon: Oooh, we have four eggs, a cup of lake trout from Lake Superior.

Marie: And the lake trout is like flaked, right?

Sharon: Yes. This is a great recipe to use for extra fish that you might have cooked say the night before if you had a dinner party. And so, the fish was pre-cooked and flaked, and then we have some Swiss cheese and a half cup of that, salt and pepper – a teaspoon each – and a tablespoon of onion. And it’s so simple but so yummy.

Marie: You cook the pie crust for five minutes beforehand, which we have done. And so, we have a nine-inch pie and then we’re doing some smaller tart pans.

Sharon: Tart pans, yes. We're filling this gluten-free and corn-free first.

Marie: And then the smaller tart pans just have a regular crust.

Sharon: Yeah, they have a puff pastry crust.

Marie: And we added a little dill in there and then once they're in the pans, we'll put paprika on the top for some color and put some decorative puff pastry fishes.

Sharon: *Laughs*. Right. So, while I was mixing up, should we say the meat of the pie, Marie was making us some decorative little fishes.

Marie: Yes, I put my art skills to work. I've never tried to make dough fishes, so...

Sharon: I think they look great! So, anyway, we'll see how they turn out in the end. I guess we're ready to start baking! Twenty minutes in the oven.

Marie: So, the timer rang and we're going to check on the progress of our Fisherman's Brunch.

Sharon: Can you tell me about the pie crust that you used for the big pie?

Marie: Do these look done?

Sharon: They do. Yummy.

Marie: It has no ... ah, we're going to keep the big one in longer. It's kind of mushy in the middle. It has no wheat or corn ingredients in it. I think it's made with rice flour and probably tapioca flour (*beeps from oven timer setting*). I get it at the local coop. But yeah, it's hard for me to find dough that I can eat. Usually, I have to make it myself. So, when I found this, I was pretty darn excited about it.

Sharon: Yay! No more mess in the kitchen.

Marie: Yeah.

Sharon: Okay, so now we just let the two smaller tarts cool for a little bit. And we'll have to wait for the big one to come out.

Marie: When do we put the decorative fish on?

Sharon: Whenever we want. Before serving.

Marie: Okay. The decorative fish were made with puff pastry, so they puffed up really big and they kinda look blobby. So...

Sharon: We cut them down a wee bit.

Marie: We cut them in half to make them more svelte.

Sharon: Yeah, they made me laugh though, watching them cook, when they puffed up.

Marie: *Laughs*. And it smells like fish in here. It smells really good!

Sharon: It smells like yummy fish, not a bad fishy smell. A like...

Marie: Fish and pie crust smell.

Sharon: Right. *Laughs.*

Sounds of tart pan manipulation.

Sharon: What I love about tart pans is you just pop out the bottom and it kind of falls out as a little tartlet. I used five-inch tart pans. You can get them in four, five and seven. Probably six, too. All different sizes. This is about a nice serving for one, in a five-inch pan. And I'm going to let Marie cut a wedge out of the bigger pie here.

Marie: Okay! It looks great!

So, we've taken our first bites of the fish tarts. What do you think, Sharon?

Sharon: Oh, every time I have this recipe I am like, oh, I should make this more often. I've had it with salmon. Today is lake trout. And I've made it with whitefish, also. Each time it's been just delicious. So, it's definitely one of the favorites in my recipe box now. And I made it for my mom who's 85 and one of her friends and they wanted the recipe, too. So, it's nice to be able to share these recipes out among my family and friends. So, I hope you guys like it, too, when you make it, and I really encourage you. What did you think, Marie?

Marie: Oh yeah, I really like it. I have a crab quiche recipe, and this is very similar. But I never thought of making it with fish. And so, yeah, it will be a nice alternative because crab is so expensive these days.

Sharon: Right!

Marie: I'd love to be able to make it with Lake Superior or Lake Michigan fish.

Sharon: Or even if you have a fishing family or you're a fisher person yourself, your walleye or bluegills would taste good in here, also. And what I love about the recipe, too, is you can add your own seasoning and spices that you prefer. So, I've made it with garlic in it. And today we used dill. But I have all sorts of spices. Last time I made it I used saffron, some of my saffron that we used for my saffron trout recipe. So, it's fun to experiment with different flavors in an endless variety of fun!

Marie: Yeah, we'll definitely be making this one again!

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Marie: That's it for this episode of The Fish Dish. Thanks goes to Chef Karalyn Littlefield and her UW-River Falls food product development class for the interview. And thank you for listening!